



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Raiko Eggert

Number: 44

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M45 (45-49) A

Total time: 1:18:31

Speed: 12.23 km/h

Running performance: 4:45 min/km

Rank in course/Total: 28 (of 198)

Rank in course/Men: 28 (of 144)

Best time in course: 1:02:25

Rank in category: 4(of 18)

Best time in the category: 1:16:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	18:47	4:41	3	0:21	22	3:33	4.00	18:47	4:41	3	0:21	22	3:33
Plessenburg	3.00	21:48	7:15	4	1:00	29	4:46	7.00	40:35	5:47	3	1:21	28	8:19
Abzweig rote Brü	3.00	15:44	5:14	4	0:37	30	3:21	10.00	56:19	5:37	3	1:58	28	11:40
Ilseburg/Markt	6.50	22:12	3:24	3	1:11	25	4:26	16.50	1:18:31	4:45	4	2:08	28	16:06