



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Maurizio Meloni

Number: 120

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M45 (45-49) A

Total time: 1:20:44

Speed: 11.89 km/h

Running performance: 4:53 min/km

Rank in course/Total: 33 (of 198)

Rank in course/Men: 33 (of 144)

Best time in course: 1:02:25

Rank in category: 5(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	19:10	4:47	4	0:44	30	3:56	4.00	19:10	4:47	4	0:44	30	3:56
Plessenburg	3.00	22:12	7:23	7	1:24	35	5:10	7.00	41:22	5:54	5	2:08	31	9:06
Abzweig rote Brü	3.00	16:43	5:34	7	1:36	44	4:20	10.00	58:05	5:48	7	3:44	35	13:26
Ilseburg/Markt	6.50	22:39	3:29	4	1:38	32	4:53	16.50	1:20:44	4:53	5	4:21	33	18:19