



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Marcus Bartling

Club: Brockenlaufverein
Number: 5

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M45 (45-49) A

Total time: 1:20:46

Speed: 11.89 km/h
Running performance: 4:53 min/km

Rank in course/Total: 34 (of 198)

Rank in course/Men: 34 (of 144)

Best time in course: 1:02:25

Rank in category: 6(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	19:36	4:54	5	1:10	38	4:22	4.00	19:36	4:54	5	1:10	38	4:22
Plessenburg	3.00	21:53	7:17	5	1:05	31	4:51	7.00	41:29	5:55	6	2:15	32	9:13
Abzweig rote Brü	3.00	15:57	5:18	5	0:50	32	3:34	10.00	57:26	5:44	5	3:05	32	12:47
Ilseburg/Markt	6.50	23:20	3:35	7	2:19	38	5:34	16.50	1:20:46	4:53	6	4:23	34	18:21