



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Ricky Wadehn

Club: Brockenlaufverein
Number: 191

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M45 (45-49) A

Total time: 1:20:52

Speed: 11.87 km/h
Running performance: 4:54 min/km

Rank in course/Total: 35 (of 198)

Rank in course/Men: 35 (of 144)

Best time in course: 1:02:25

Rank in category: 7(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	19:50	4:57	7	1:24	41	4:36	4.00	19:50	4:57	7	1:24	41	4:36
Plessenburg	3.00	21:55	7:18	6	1:07	33	4:53	7.00	41:45	5:57	7	2:31	34	9:29
Abzweig rote Brü	3.00	16:09	5:22	6	1:02	34	3:46	10.00	57:54	5:47	6	3:33	34	13:15
Ilseburg/Markt	6.50	22:58	3:31	6	1:57	37	5:12	16.50	1:20:52	4:54	7	4:29	35	18:27