



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

Sascha Walte

Number: 193

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M45 (45-49) A

Total time: 1:26:13

Speed: 11.48 km/h

Running performance: 5:13 min/km

Rank in course/Total: 54 (of 198)

Rank in course/Men: 51 (of 144)

Best time in course: 1:02:25

Rank in category: 8(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	21:14	5:18	9	2:48	62	6:00	4.00	21:14	5:18	9	2:48	62	6:00
Plessenburg	3.00	23:42	7:53	9	2:54	50	6:40	7.00	44:56	6:25	9	5:42	54	12:40
Abzweig rote Brü	3.00	17:14	5:44	8	2:07	52	4:51	10.00	1:02:10	6:13	9	7:49	54	17:31
Ilseburg/Markt	6.50	24:03	3:42	8	3:02	45	6:17	16.50	1:26:13	5:13	8	9:50	51	23:48