



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Burkart Fritsch**

Club: Die Wadenkrämpfe  
Number: 57

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M45 (45-49) A

Total time: 1:26:26

Speed: 11.11 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 57 (of 198)

Rank in course/Men: 54 (of 144)

Best time in course: 1:02:25

Rank in category: 9(of 18)

Best time in the category: 1:16:23

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Abzweig Tännental	4.00	20:25	5:06	8	1:59	43	5:11	4.00	20:25	5:06	8	1:59	43	5:11
Plessenburg	3.00	23:27	7:48	8	2:39	48	6:25	7.00	43:52	6:15	8	4:38	47	11:36
Abzweig rote Brü	3.00	17:44	5:54	9	2:37	57	5:21	10.00	1:01:36	6:09	8	7:15	51	16:57
Ilseburg/Markt	6.50	24:50	3:49	9	3:49	52	7:04	16.50	1:26:26	5:14	9	10:03	54	24:01