



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 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 | 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 |