



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

René Albrecht

Club: Schönebeck
Number: 3

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M45 (45-49) A

Total time: 1:28:30

Speed: 10.85 km/h
Running performance: 5:21 min/km

Rank in course/Total: 62 (of 198)

Rank in course/Men: 57 (of 144)

Best time in course: 1:02:25

Rank in category: 10(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 Tännatal | 4.00 | 21:15 | 5:18 | 10 | 2:49 | 63 | 6:01 | 4.00 | 21:15 | 5:18 | 10 | 2:49 | 63 | 6:01 |
| Plessenburg | 3.00 | 24:07 | 8:02 | 10 | 3:19 | 55 | 7:05 | 7.00 | 45:22 | 6:28 | 10 | 6:08 | 59 | 13:06 |
| Abzweig rote Brü | 3.00 | 17:59 | 5:59 | 10 | 2:52 | 62 | 5:36 | 10.00 | 1:03:21 | 6:20 | 10 | 9:00 | 60 | 18:42 |
| Ilseburg/Markt | 6.50 | 25:09 | 3:52 | 10 | 4:08 | 54 | 7:23 | 16.50 | 1:28:30 | 5:21 | 10 | 12:07 | 57 | 26:05 |