



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