



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

Andreas Schenk

Number: 156

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M45 (45-49) A

Total time: 1:32:58

Speed: 10.33 km/h

Running performance: 5:38 min/km

Rank in course/Total: 91 (of 198)

Rank in course/Men: 75 (of 144)

Best time in course: 1:02:25

Rank in category: 12(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	21:48	5:27	11	3:22	69	6:34	4.00	21:48	5:27	11	3:22	69	6:34
Plessenburg	3.00	25:47	8:35	12	4:59	75	8:45	7.00	47:35	6:47	12	8:21	74	15:19
Abzweig rote Brü	3.00	18:42	6:14	12	3:35	79	6:19	10.00	1:06:17	6:37	12	11:56	75	21:38
Ilseburg/Markt	6.50	26:41	4:06	12	5:40	78	8:55	16.50	1:32:58	5:38	12	16:35	75	30:33