



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Randolph Behrens

Club: SSV Torgau
Number: 12

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M45 (45-49) A

Total time: 1:46:36

Speed: 9.01 km/h
Running performance: 6:27 min/km

Rank in course/Total: 144 (of 198)

Rank in course/Men: 113 (of 144)

Best time in course: 1:02:25

Rank in category: 14(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 Tännental	4.00	25:24	6:20	14	6:58	108	10:10	4.00	25:24	6:20	14	6:58	108	10:10
Plessenburg	3.00	30:47	10:15	16	9:59	123	13:45	7.00	56:11	8:01	15	16:57	116	23:55
Abzweig rote Brü	3.00	20:56	6:58	14	5:49	106	8:33	10.00	1:17:07	7:42	14	22:46	112	32:28
Ilseburg/Markt	6.50	29:29	4:32	15	8:28	116	11:43	16.50	1:46:36	6:27	14	30:13	113	44:11