



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Christian Schaper

Club: Turbine Schaper
Number: 153

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M45 (45-49) A

Total time: 1:46:57

Speed: 9.26 km/h
Running performance: 6:28 min/km

Rank in course/Total: 146 (of 198)

Rank in course/Men: 114 (of 144)

Best time in course: 1:02:25

Rank in category: 15(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	26:02	6:30	15	7:36	117	10:48	4.00	26:02	6:30	15	7:36	117	10:48
Plessenburg	3.00	29:05	9:41	14	8:17	108	12:03	7.00	55:07	7:52	14	15:53	111	22:51
Abzweig rote Brü	3.00	22:55	7:38	16	7:48	123	10:32	10.00	1:18:02	7:48	15	23:41	115	33:23
Ilseburg/Markt	6.50	28:55	4:26	14	7:54	113	11:09	16.50	1:46:57	6:28	15	30:34	114	44:32