



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Stefan Weißwange

Number: 201

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M45 (45-49) A

Total time: 1:50:17

Speed: 8.70 km/h

Running performance: 6:41 min/km

Rank in course/Total: 155 (of 198)

Rank in course/Men: 120 (of 144)

Best time in course: 1:02:25

Rank in category: 16(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	26:11	6:32	16	7:45	119	10:57	4.00	26:11	6:32	16	7:45	119	10:57
Plessenburg	3.00	30:05	10:01	15	9:17	117	13:03	7.00	56:16	8:02	16	17:02	118	24:00
Abzweig rote Brü	3.00	22:10	7:23	15	7:03	119	9:47	10.00	1:18:26	7:50	16	24:05	116	33:47
Ilseburg/Markt	6.50	31:51	4:54	17	10:50	126	14:05	16.50	1:50:17	6:41	16	33:54	120	47:52