



41. Oster-Ilsetalllauf
Ilseburg / 30.03.2024

Detailed evaluation

timo kreienkamp

Number: 217

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M45 (45-49) A

Total time: 1:54:47

Speed: 8.36 km/h

Running performance: 6:57 min/km

Rank in course/Total: 168 (of 198)

Rank in course/Men: 129 (of 144)

Best time in course: 1:02:25

Rank in category: 17(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	27:21	6:50	17	8:55	130	12:07	4.00	27:21	6:50	17	8:55	130	12:07
Plessenburg	3.00	30:57	10:18	17	10:09	125	13:55	7.00	58:18	8:19	17	19:04	127	26:02
Abzweig rote Brü	3.00	22:59	7:39	17	7:52	125	10:36	10.00	1:21:17	8:07	17	26:56	127	36:38
Ilseburg/Markt	6.50	33:30	5:09	18	12:29	131	15:44	16.50	1:54:47	6:57	17	38:24	129	52:22