



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Lutz Bartels

Club: FM+FF

Number: 4

Course: 16.50 km

16,5 km - Lauf

Category:

Senioren M45 (45-49) A

Total time: 2:03:24

Speed: 7.78 km/h

Running performance: 7:28 min/km

Rank in course/Total: 188 (of 198)

Rank in course/Men: 138 (of 144)

Best time in course: 1:02:25

Rank in category: 18(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	29:13	7:18	18	10:47	140	13:59	4.00	29:13	7:18	18	10:47	140	13:59
Plessenburg	3.00	37:47	12:35	18	16:59	144	20:45	7.00	1:07:00	9:34	18	27:46	143	34:44
Abzweig rote Brü	3.00	24:55	8:18	18	9:48	134	12:32	10.00	1:31:55	9:11	18	37:34	141	47:16
Ilseburg/Markt	6.50	31:29	4:50	16	10:28	125	13:43	16.50	2:03:24	7:28	18	47:01	138	1:00:59