



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Frank Reinecke

Club: Brockenlaufverein
Number: 138

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M50 (50-54) A

Total time: 1:16:11

Speed: 12.60 km/h
Running performance: 4:37 min/km

Rank in course/Total: 19 (of 198)

Rank in course/Men: 19 (of 144)

Best time in course: 1:02:25

Rank in category: 1(of 14)

Best time in the category: 1:16:11

| 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 | 19:25 | 4:51 | 1 | - | 36 | 4:11 | 4.00 | 19:25 | 4:51 | 1 | - | 36 | 4:11 |
| Plessenburg | 3.00 | 21:11 | 7:03 | 1 | - | 23 | 4:09 | 7.00 | 40:36 | 5:47 | 1 | - | 29 | 8:20 |
| Abzweig rote Brü | 3.00 | 14:36 | 4:51 | 1 | - | 13 | 2:13 | 10.00 | 55:12 | 5:31 | 1 | - | 22 | 10:33 |
| Ilseburg/Markt | 6.50 | 20:59 | 3:13 | 1 | - | 14 | 3:13 | 16.50 | 1:16:11 | 4:37 | 1 | - | 19 | 13:46 |