



# 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	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	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