



41. Oster-Ilsetallauf

Ilsenburg / 30.03.2024

Detailed evaluation

Olaf Bothe

Club: MTV Jahn Schladen
Number: 21

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M50 (50-54) A

Total time: 1:23:53

Speed: 11.80 km/h
Running performance: 5:05 min/km

Rank in course/Total: 46 (of 198)

Rank in course/Men: 44 (of 144)

Best time in course: 1:02:25

Rank in category: 2(of 14)

Best time in the category: 1:16:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	20:54	5:13	2	1:29	50	5:40	4.00	20:54	5:13	2	1:29	50	5:40
Plessenburg	3.00	22:17	7:25	2	1:06	37	5:15	7.00	43:11	6:10	2	2:35	42	10:55
Abzweig rote Brü	3.00	17:00	5:40	2	2:24	48	4:37	10.00	1:00:11	6:01	2	4:59	44	15:32
Ilisenburg/Markt	6.50	23:42	3:38	2	2:43	43	5:56	16.50	1:23:53	5:05	2	7:42	44	21:28