



# 41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Andreas Schade**

Club: Team Hellblau  
Number: 152

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M50 (50-54) A

Total time: 1:27:17

Speed: 11.00 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 58 (of 198)

Rank in course/Men: 55 (of 144)

Best time in course: 1:02:25

Rank in category: 3(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	21:13	5:18	4	1:48	61	5:59	4.00	21:13	5:18	4	1:48	61	5:59
Plessenburg	3.00	24:20	8:06	3	3:09	61	7:18	7.00	45:33	6:30	4	4:57	61	13:17
Abzweig rote Brü	3.00	17:21	5:47	3	2:45	53	4:58	10.00	1:02:54	6:17	3	7:42	57	18:15
Ilseburg/Markt	6.50	24:23	3:45	3	3:24	50	6:37	16.50	1:27:17	5:17	3	11:06	55	24:52