



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Thomas Pohl**

Club: Huy-Läufer  
Number: 133

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M50 (50-54) A

Total time: 1:29:56

Speed: 10.67 km/h  
Running performance: 5:27 min/km

Rank in course/Total: 69 (of 198)

Rank in course/Men: 62 (of 144)

Best time in course: 1:02:25

Rank in category: 4(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	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	24:24	8:07	4	3:13	65	7:22	7.00	45:18	6:28	3	4:42	58	13:02
Abzweig rote Brü	3.00	17:55	5:58	4	3:19	58	5:32	10.00	1:03:13	6:19	4	8:01	59	18:34
Ilseburg/Markt	6.50	26:43	4:06	8	5:44	80	8:57	16.50	1:29:56	5:27	4	13:45	62	27:31