



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Nils Köhler

Club: Wir machen's laufend!
Number: 97

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M50 (50-54) A

Total time: 1:30:12

Speed: 10.64 km/h
Running performance: 5:28 min/km

Rank in course/Total: 72 (of 198)

Rank in course/Men: 65 (of 144)

Best time in course: 1:02:25

Rank in category: 5(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	21:54	5:28	6	2:29	71	6:40	4.00	21:54	5:28	6	2:29	71	6:40
Plessenburg	3.00	24:40	8:13	5	3:29	67	7:38	7.00	46:34	6:39	5	5:58	65	14:18
Abzweig rote Brü	3.00	18:39	6:12	6	4:03	78	6:16	10.00	1:05:13	6:31	5	10:01	68	20:34
Ilseburg/Markt	6.50	24:59	3:50	4	4:00	53	7:13	16.50	1:30:12	5:28	5	14:01	65	27:47