



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Marian Weber

Number: 195

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M50 (50-54) A

Total time: 1:31:30

Speed: 10.49 km/h

Running performance: 5:32 min/km

Rank in course/Total: 81 (of 198)

Rank in course/Men: 70 (of 144)

Best time in course: 1:02:25

Rank in category: 6(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	22:46	5:41	7	3:21	85	7:32	4.00	22:46	5:41	7	3:21	85	7:32
Plessenburg	3.00	25:05	8:21	6	3:54	70	8:03	7.00	47:51	6:50	7	7:15	75	15:35
Abzweig rote Brü	3.00	18:10	6:03	5	3:34	66	5:47	10.00	1:06:01	6:36	7	10:49	73	21:22
Ilseburg/Markt	6.50	25:29	3:55	5	4:30	58	7:43	16.50	1:31:30	5:32	6	15:19	70	29:05