



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Andre Reuter

Club: VfL 28 Ellrich
Number: 140

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M50 (50-54) A

Total time: 1:32:46

Speed: 10.35 km/h
Running performance: 5:37 min/km

Rank in course/Total: 88 (of 198)

Rank in course/Men: 73 (of 144)

Best time in course: 1:02:25

Rank in category: 7(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		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Abzweig Tännental	4.00	21:40	5:25	5	68	2:15	6:26	4.00	21:40	5:25	5	68	2:15	6:26
Plessenburg	3.00	25:32	8:30	7	74	4:21	8:30	7.00	47:12	6:44	6	70	6:36	14:56
Abzweig rote Brü	3.00	18:43	6:14	7	80	4:07	6:20	10.00	1:05:55	6:35	6	72	10:43	21:16
Ilseburg/Markt	6.50	26:51	4:07	9	83	5:52	9:05	16.50	1:32:46	5:37	7	73	16:35	30:21