



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Carsten Kleiner

Club: Augathonis Hannover
Number: 92

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M50 (50-54) A

Total time: 1:38:47

Speed: 9.72 km/h
Running performance: 5:59 min/km

Rank in course/Total: 121 (of 198)

Rank in course/Men: 97 (of 144)

Best time in course: 1:02:25

Rank in category: 8(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 | 24:56 | 6:14 | 9 | 5:31 | 105 | 9:42 | 4.00 | 24:56 | 6:14 | 9 | 5:31 | 105 | 9:42 |
| Plessenburg | 3.00 | 26:37 | 8:52 | 8 | 5:26 | 88 | 9:35 | 7.00 | 51:33 | 7:21 | 8 | 10:57 | 99 | 19:17 |
| Abzweig rote Brü | 3.00 | 19:37 | 6:32 | 8 | 5:01 | 91 | 7:14 | 10.00 | 1:11:10 | 7:07 | 8 | 15:58 | 96 | 26:31 |
| Ilseburg/Markt | 6.50 | 27:37 | 4:14 | 11 | 6:38 | 97 | 9:51 | 16.50 | 1:38:47 | 5:59 | 8 | 22:36 | 97 | 36:22 |