



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