



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Luis Risse

Number: 145

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M50 (50-54) A

Total time: 1:40:47

Speed: 9.53 km/h

Running performance: 6:06 min/km

Rank in course/Total: 127 (of 198)

Rank in course/Men: 100 (of 144)

Best time in course: 1:02:25

Rank in category: 9(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	24:15	6:03	8	4:50	103	9:01	4.00	24:15	6:03	8	4:50	103	9:01
Plessenburg	3.00	29:52	9:57	11	8:41	115	12:50	7.00	54:07	7:43	10	13:31	108	21:51
Abzweig rote Brü	3.00	19:58	6:39	11	5:22	95	7:35	10.00	1:14:05	7:24	10	18:53	107	29:26
Ilseburg/Markt	6.50	26:42	4:06	7	5:43	79	8:56	16.50	1:40:47	6:06	9	24:36	100	38:22