



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Jörn Bethke

Club: Brockenlaufverein
Number: 14

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M50 (50-54) A

Total time: 1:40:58

Speed: 9.51 km/h
Running performance: 6:07 min/km

Rank in course/Total: 128 (of 198)

Rank in course/Men: 101 (of 144)

Best time in course: 1:02:25

Rank in category: 10(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 Tännatal	4.00	25:15	6:18	10	5:50	107	10:01	4.00	25:15	6:18	10	5:50	107	10:01
Plessenburg	3.00	28:45	9:35	9	7:34	104	11:43	7.00	54:00	7:42	9	13:24	107	21:44
Abzweig rote Brü	3.00	19:52	6:37	9	5:16	93	7:29	10.00	1:13:52	7:23	9	18:40	105	29:13
Ilseburg/Markt	6.50	27:06	4:10	10	6:07	89	9:20	16.50	1:40:58	6:07	10	24:47	101	38:33