



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Michael Fürer

Club: Brockenlaufverein
Number: 60

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M50 (50-54) A

Total time: 1:45:14

Speed: 9.41 km/h
Running performance: 6:22 min/km

Rank in course/Total: 142 (of 198)

Rank in course/Men: 111 (of 144)

Best time in course: 1:02:25

Rank in category: 11(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	25:36	6:24	11	6:11	109	10:22	4.00	25:36	6:24	11	6:11	109	10:22
Plessenburg	3.00	29:36	9:52	10	8:25	111	12:34	7.00	55:12	7:53	11	14:36	112	22:56
Abzweig rote Brü	3.00	19:52	6:37	9	5:16	93	7:29	10.00	1:15:04	7:30	11	19:52	109	30:25
Ilseburg/Markt	6.50	30:10	4:38	13	9:11	119	12:24	16.50	1:45:14	6:22	11	29:03	111	42:49