



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Daniel Brandis

Club: Erdinger Active Team
Number: 23

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M50 (50-54) A

Total time: 1:45:26

Speed: 9.11 km/h
Running performance: 6:23 min/km

Rank in course/Total: 143 (of 198)

Rank in course/Men: 112 (of 144)

Best time in course: 1:02:25

Rank in category: 12(of 14)

Best time in the category: 1:16:11

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Stage score | | | | Total ranking | | | | | | |
|-------------------|----------|------------|--------------|-------------|-------------|---------|------------|---------------|------------|--------------|----------|-------------|---------|------------|
| | | | | 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 | 26:41 | 6:40 | 13 | 7:16 | 124 | 11:27 | 4.00 | 26:41 | 6:40 | 13 | 7:16 | 124 | 11:27 |
| Plessenburg | 3.00 | 30:35 | 10:11 | 12 | 9:24 | 122 | 13:33 | 7.00 | 57:16 | 8:10 | 12 | 16:40 | 122 | 25:00 |
| Abzweig rote Brü | 3.00 | 21:40 | 7:13 | 12 | 7:04 | 112 | 9:17 | 10.00 | 1:18:56 | 7:53 | 12 | 23:44 | 119 | 34:17 |
| Ilseburg/Markt | 6.50 | 26:30 | 4:04 | 6 | 5:31 | 75 | 8:44 | 16.50 | 1:45:26 | 6:23 | 12 | 29:15 | 112 | 43:01 |