



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	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	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