



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Oliver Marx

Number: 116

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M50 (50-54) A

Total time: 1:48:37

Speed: 8.84 km/h

Running performance: 6:34 min/km

Rank in course/Total: 152 (of 198)

Rank in course/Men: 119 (of 144)

Best time in course: 1:02:25

Rank in category: 13(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	26:15	6:33	12	6:50	121	11:01	4.00	26:15	6:33	12	6:50	121	11:01
Plessenburg	3.00	31:56	10:38	14	10:45	133	14:54	7.00	58:11	8:18	13	17:35	126	25:55
Abzweig rote Brü	3.00	22:23	7:27	13	7:47	121	10:00	10.00	1:20:34	8:03	13	25:22	126	35:55
Ilseburg/Markt	6.50	28:03	4:18	12	7:04	102	10:17	16.50	1:48:37	6:34	13	32:26	119	46:12