



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Olaf Bothe

Club: Gaensefurther Sportbewegung
Number: 20

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M50 (50-54) A

Total time: 1:57:59

Speed: 8.14 km/h
Running performance: 7:09 min/km

Rank in course/Total: 181 (of 198)

Rank in course/Men: 134 (of 144)

Best time in course: 1:02:25

Rank in category: 14(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	27:43	6:55	14	8:18	133	12:29	4.00	27:43	6:55	14	8:18	133	12:29
Plessenburg	3.00	31:07	10:22	13	9:56	126	14:05	7.00	58:50	8:24	14	18:14	129	26:34
Abzweig rote Brü	3.00	25:24	8:28	14	10:48	136	13:01	10.00	1:24:14	8:25	14	29:02	132	39:35
Ilseburg/Markt	6.50	33:45	5:11	14	12:46	133	15:59	16.50	1:57:59	7:09	14	41:48	134	55:34