



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Thomas Unger

Club: SV Lok Blankenburg 1949 e.V.

Number: 187

Course: 16.50 km

16,5 km - Lauf

Category:

Senioren M55 (55-59) A

Total time: 1:21:05

Speed: 11.84 km/h

Running performance: 4:54 min/km

Rank in course/Total: 36 (of 198)

Rank in course/Men: 36 (of 144)

Best time in course: 1:02:25

Rank in category: 1(of 15)

Best time in the category: 1:21:05

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	20:55	5:13	2	1:35	52	5:41	4.00	20:55	5:13	2	1:35	52	5:41
Plessenburg	3.00	22:24	7:27	1	-	38	5:22	7.00	43:19	6:11	2	1:01	43	11:03
Abzweig rote Brü	3.00	15:43	5:14	1	-	29	3:20	10.00	59:02	5:54	1	-	39	14:23
Ilseburg/Markt	6.50	22:03	3:23	1	-	22	4:17	16.50	1:21:05	4:54	1	-	36	18:40