



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Fred Borchert

Club: SV Langenstein
Number: 18

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M55 (55-59) A

Total time: 1:23:17

Speed: 11.53 km/h
Running performance: 5:02 min/km

Rank in course/Total: 43 (of 198)

Rank in course/Men: 42 (of 144)

Best time in course: 1:02:25

Rank in category: 2(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.	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	22:36	7:32	2	0:12	39	5:34	7.00	43:31	6:13	3	1:13	45	11:15
Abzweig rote Brü	3.00	16:25	5:28	2	0:42	37	4:02	10.00	59:56	5:59	3	0:54	43	15:17
Ilseburg/Markt	6.50	23:21	3:35	2	1:18	39	5:35	16.50	1:23:17	5:02	2	2:12	42	20:52