



# 41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Heiko Döppelheuer**

Club: Brockenlaufverein  
Number: 38

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M55 (55-59) A

Total time: 1:25:17

Speed: 11.26 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 50 (of 198)

Rank in course/Men: 48 (of 144)

Best time in course: 1:02:25

Rank in category: 3(of 15)

Best time in the category: 1:21:05

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Abzweig Tännatal	4.00	19:20	4:49	1	-	34	4:06	4.00	19:20	4:49	1	-	34	4:06
Plessenburg	3.00	22:58	7:39	3	0:34	42	5:56	7.00	42:18	6:02	1	-	39	10:02
Abzweig rote Brü	3.00	16:51	5:37	4	1:08	47	4:28	10.00	59:09	5:54	2	0:07	40	14:30
Ilseburg/Markt	6.50	26:08	4:01	5	4:05	69	8:22	16.50	1:25:17	5:10	3	4:12	48	22:52