



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Sven Franke

Club: Brockenlaufverein Ilseburg
Number: 55

Course: 16.50 km
16,5 km - Lauf

Category:

Senioren M55 (55-59) A

Total time: 1:25:22

Speed: 11.60 km/h

Running performance: 5:10 min/km

Rank in course/Total: 51 (of 198)

Rank in course/Men: 49 (of 144)

Best time in course: 1:02:25

Rank in category: 4(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 Tännental	4.00	21:02	5:15	4	1:42	55	5:48	4.00	21:02	5:15	4	1:42	55	5:48
Plessenburg	3.00	24:03	8:01	4	1:39	54	7:01	7.00	45:05	6:26	4	2:47	56	12:49
Abzweig rote Brü	3.00	16:41	5:33	3	0:58	43	4:18	10.00	1:01:46	6:10	4	2:44	52	17:07
Ilseburg/Markt	6.50	23:36	3:37	3	1:33	40	5:50	16.50	1:25:22	5:10	4	4:17	49	22:57