



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Thomas Eggert

Number: 45

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M55 (55-59) A

Total time: 1:30:38

Speed: 10.59 km/h

Running performance: 5:29 min/km

Rank in course/Total: 74 (of 198)

Rank in course/Men: 66 (of 144)

Best time in course: 1:02:25

Rank in category: 5(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	21:55	5:28	7	2:35	72	6:41	4.00	21:55	5:28	7	2:35	72	6:41
Plessenburg	3.00	24:20	8:06	5	1:56	61	7:18	7.00	46:15	6:36	5	3:57	63	13:59
Abzweig rote Brü	3.00	18:01	6:00	5	2:18	63	5:38	10.00	1:04:16	6:25	5	5:14	63	19:37
Ilseburg/Markt	6.50	26:22	4:03	7	4:19	73	8:36	16.50	1:30:38	5:29	5	9:33	66	28:13