



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Marcus Zeinert

Club: VfR Wilsche-Neubokel
Number: 209

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M55 (55-59) A

Total time: 1:33:36

Speed: 10.26 km/h
Running performance: 5:40 min/km

Rank in course/Total: 94 (of 198)

Rank in course/Men: 76 (of 144)

Best time in course: 1:02:25

Rank in category: 7(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	21:53	5:28	6	2:33	70	6:39	4.00	21:53	5:28	6	2:33	70	6:39
Plessenburg	3.00	27:02	9:00	10	4:38	93	10:00	7.00	48:55	6:59	8	6:37	83	16:39
Abzweig rote Brü	3.00	19:01	6:20	8	3:18	84	6:38	10.00	1:07:56	6:47	8	8:54	82	23:17
Ilseburg/Markt	6.50	25:40	3:56	4	3:37	60	7:54	16.50	1:33:36	5:40	7	12:31	76	31:11