



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Sven Mußbach

Club: Team Schwarzer Blitz
Number: 126

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M55 (55-59) A

Total time: 1:33:41

Speed: 10.25 km/h
Running performance: 5:40 min/km

Rank in course/Total: 96 (of 198)

Rank in course/Men: 78 (of 144)

Best time in course: 1:02:25

Rank in category: 8(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	23:15	5:48	9	3:55	92	8:01	4.00	23:15	5:48	9	3:55	92	8:01
Plessenburg	3.00	25:50	8:36	7	3:26	78	8:48	7.00	49:05	7:00	9	6:47	84	16:49
Abzweig rote Brü	3.00	18:24	6:07	6	2:41	72	6:01	10.00	1:07:29	6:44	7	8:27	81	22:50
Ilseburg/Markt	6.50	26:12	4:01	6	4:09	70	8:26	16.50	1:33:41	5:40	8	12:36	78	31:16