



41. Oster-Ilsetallauf
Ilseburg / 30.03.2024

Detailed evaluation

Manfred Jahncke

Number: 84

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M55 (55-59) A

Total time: 1:37:20

Speed: 9.86 km/h

Running performance: 5:53 min/km

Rank in course/Total: 116 (of 198)

Rank in course/Men: 93 (of 144)

Best time in course: 1:02:25

Rank in category: 9(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	24:06	6:01	11	4:46	101	8:52	4.00	24:06	6:01	11	4:46	101	8:52
Plessenburg	3.00	27:01	9:00	9	4:37	92	9:59	7.00	51:07	7:18	10	8:49	97	18:51
Abzweig rote Brü	3.00	19:47	6:35	9	4:04	92	7:24	10.00	1:10:54	7:05	10	11:52	94	26:15
Ilseburg/Markt	6.50	26:26	4:03	8	4:23	74	8:40	16.50	1:37:20	5:53	9	16:15	93	34:55