



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Jens Hirschelmann

Club: Merseburg
Number: 77

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M55 (55-59) A

Total time: 1:38:00

Speed: 9.80 km/h
Running performance: 5:56 min/km

Rank in course/Total: 117 (of 198)

Rank in course/Men: 94 (of 144)

Best time in course: 1:02:25

Rank in category: 10(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 Tännatal	4.00	22:28	5:36	8	3:08	79	7:14	4.00	22:28	5:36	8	3:08	79	7:14
Plessenburg	3.00	26:22	8:47	8	3:58	84	9:20	7.00	48:50	6:58	7	6:32	82	16:34
Abzweig rote Brü	3.00	21:08	7:02	11	5:25	109	8:45	10.00	1:09:58	6:59	9	10:56	92	25:19
Ilseburg/Markt	6.50	28:02	4:18	12	5:59	101	10:16	16.50	1:38:00	5:56	10	16:55	94	35:35