



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Jan Seeliger

Number: 167

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M55 (55-59) A

Total time: 1:40:45

Speed: 9.83 km/h

Running performance: 6:06 min/km

Rank in course/Total: 126 (of 198)

Rank in course/Men: 99 (of 144)

Best time in course: 1:02:25

Rank in category: 11(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	23:46	5:56	10	4:26	97	8:32	4.00	23:46	5:56	10	4:26	97	8:32
Plessenburg	3.00	27:36	9:12	11	5:12	97	10:34	7.00	51:22	7:20	11	9:04	98	19:06
Abzweig rote Brü	3.00	21:30	7:10	12	5:47	111	9:07	10.00	1:12:52	7:17	11	13:50	101	28:13
Ilseburg/Markt	6.50	27:53	4:17	11	5:50	99	10:07	16.50	1:40:45	6:06	11	19:40	99	38:20