



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Henrik Böhme

Club: Gutsmuths-Rennsteiglaufverein

Number: 17

Course: 16.50 km

16,5 km - Lauf

Category:

Senioren M55 (55-59) A

Total time: 1:42:34

Speed: 9.65 km/h

Running performance: 6:12 min/km

Rank in course/Total: 134 (of 198)

Rank in course/Men: 106 (of 144)

Best time in course: 1:02:25

Rank in category: 12(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	25:43	6:25	12	6:23	111	10:29	4.00	25:43	6:25	12	6:23	111	10:29
Plessenburg	3.00	28:13	9:24	12	5:49	102	11:11	7.00	53:56	7:42	12	11:38	106	21:40
Abzweig rote Brü	3.00	20:55	6:58	10	5:12	105	8:32	10.00	1:14:51	7:29	12	15:49	108	30:12
Ilseburg/Markt	6.50	27:43	4:15	10	5:40	98	9:57	16.50	1:42:34	6:12	12	21:29	106	40:09