



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Martin Köchy

Club: Bobteam Lamme
Number: 96

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M55 (55-59) A

Total time: 1:47:59

Speed: 8.89 km/h
Running performance: 6:32 min/km

Rank in course/Total: 150 (of 198)

Rank in course/Men: 117 (of 144)

Best time in course: 1:02:25

Rank in category: 13(of 15)

Best time in the category: 1:21:05

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Abzweig Tännental	4.00	27:31	6:52	14	8:11	131	12:17	4.00	27:31	6:52	14	8:11	131	12:17
Plessenburg	3.00	28:43	9:34	13	6:19	103	11:41	7.00	56:14	8:01	14	13:56	117	23:58
Abzweig rote Brü	3.00	21:41	7:13	13	5:58	113	9:18	10.00	1:17:55	7:47	14	18:53	114	33:16
Ilseburg/Markt	6.50	30:04	4:37	13	8:01	118	12:18	16.50	1:47:59	6:32	13	26:54	117	45:34