



41. Oster-Ilsetalllauf

Ilsenburg / 30.03.2024

Detailed evaluation

Kay Brehsan

Club: Ilsenburg

Number: 25

Course: 16.50 km

16,5 km - Lauf

Category:

Senioren M55 (55-59) A

Total time: 1:52:14

Speed: 8.55 km/h

Running performance: 6:48 min/km

Rank in course/Total: 161 (of 198)

Rank in course/Men: 124 (of 144)

Best time in course: 1:02:25

Rank in category: 14(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	25:53	6:28	13	6:33	114	10:39	4.00	25:53	6:28	13	6:33	114	10:39
Plessenburg	3.00	29:26	9:48	14	7:02	110	12:24	7.00	55:19	7:54	13	13:01	113	23:03
Abzweig rote Brü	3.00	22:28	7:29	14	6:45	122	10:05	10.00	1:17:47	7:46	13	18:45	113	33:08
Ilsenburg/Markt	6.50	34:27	5:18	14	12:24	137	16:41	16.50	1:52:14	6:48	14	31:09	124	49:49