



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Marcel Reising

Club: erst laufen dann saufen
Number: 139

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M55 (55-59) A

Total time: 2:13:03

Speed: 7.22 km/h
Running performance: 8:03 min/km

Rank in course/Total: 195 (of 198)

Rank in course/Men: 142 (of 144)

Best time in course: 1:02:25

Rank in category: 15(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	30:06	7:31	15	10:46	141	14:52	4.00	30:06	7:31	15	10:46	141	14:52
Plessenburg	3.00	35:06	11:42	15	12:42	141	18:04	7.00	1:05:12	9:18	15	22:54	142	32:56
Abzweig rote Brü	3.00	31:22	10:27	15	15:39	142	18:59	10.00	1:36:34	9:39	15	37:32	142	51:55
Ilseburg/Markt	6.50	36:29	5:36	15	14:26	140	18:43	16.50	2:13:03	8:03	15	51:58	142	1:10:38