



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Holger Rothe

Club: LC RON HILL Berlin

Number: 149

Course: 16.50 km

16,5 km - Lauf

Category:

Senioren M60 (60-64) A

Total time: 1:22:03

Speed: 11.70 km/h

Running performance: 4:58 min/km

Rank in course/Total: 38 (of 198)

Rank in course/Men: 38 (of 144)

Best time in course: 1:02:25

Rank in category: 1(of 15)

Best time in the category: 1:22:03

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	20:39	5:09	2	0:04	46	5:25	4.00	20:39	5:09	2	0:04	46	5:25
Plessenburg	3.00	22:12	7:23	1	-	35	5:10	7.00	42:51	6:07	1	-	40	10:35
Abzweig rote Brü	3.00	16:25	5:28	2	0:15	37	4:02	10.00	59:16	5:55	1	-	41	14:37
Ilseburg/Markt	6.50	22:47	3:30	2	0:34	35	5:01	16.50	1:22:03	4:58	1	-	38	19:38