



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Stefan Michalik

Club: TSV Wittmar
Number: 122

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M60 (60-64) A

Total time: 1:23:21

Speed: 11.88 km/h
Running performance: 5:03 min/km

Rank in course/Total: 44 (of 198)

Rank in course/Men: 43 (of 144)

Best time in course: 1:02:25

Rank in category: 2(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	20:35	5:08	1	-	45	5:21	4.00	20:35	5:08	1	-	45	5:21
Plessenburg	3.00	24:23	8:07	2	2:11	63	7:21	7.00	44:58	6:25	2	2:07	55	12:42
Abzweig rote Brü	3.00	16:10	5:23	1	-	35	3:47	10.00	1:01:08	6:06	2	1:52	49	16:29
Ilseburg/Markt	6.50	22:13	3:25	1	-	26	4:27	16.50	1:23:21	5:03	2	1:18	43	20:56