



# 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 | 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  | 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  |