



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Thomas Hamann

Number: 69

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M60 (60-64) A

Total time: 1:29:42

Speed: 10.70 km/h

Running performance: 5:26 min/km

Rank in course/Total: 67 (of 198)

Rank in course/Men: 61 (of 144)

Best time in course: 1:02:25

Rank in category: 3(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	21:07	5:16	3	0:32	56	5:53	4.00	21:07	5:16	3	0:32	56	5:53
Plessenburg	3.00	27:21	9:07	4	5:09	96	10:19	7.00	48:28	6:55	3	5:37	78	16:12
Abzweig rote Brü	3.00	17:38	5:52	3	1:28	55	5:15	10.00	1:06:06	6:36	3	6:50	74	21:27
Ilseburg/Markt	6.50	23:36	3:37	3	1:23	40	5:50	16.50	1:29:42	5:26	3	7:39	61	27:17