



# 41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Mario Heinicke**

Club: Laufgemeinschaft Osterwieck  
Number: 73

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M60 (60-64) A

Total time: 1:35:48

Speed: 10.02 km/h  
Running performance: 5:48 min/km

Rank in course/Total: 106 (of 198)

Rank in course/Men: 85 (of 144)

Best time in course: 1:02:25

Rank in category: 4(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	23:32	5:53	5	2:57	95	8:18	4.00	23:32	5:53	5	2:57	95	8:18
Plessenburg	3.00	25:54	8:37	3	3:42	81	8:52	7.00	49:26	7:03	4	6:35	88	17:10
Abzweig rote Brü	3.00	19:24	6:27	4	3:14	89	7:01	10.00	1:08:50	6:52	4	9:34	87	24:11
Ilseburg/Markt	6.50	26:58	4:08	4	4:45	84	9:12	16.50	1:35:48	5:48	4	13:45	85	33:23