



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Peter Kostrewa

Club: USK-Gifhorn Sommerbiathlon
Number: 100

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M60 (60-64) A

Total time: 1:41:10

Speed: 9.49 km/h
Running performance: 6:07 min/km

Rank in course/Total: 129 (of 198)

Rank in course/Men: 102 (of 144)

Best time in course: 1:02:25

Rank in category: 5(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	24:04	6:00	7	3:29	100	8:50	4.00	24:04	6:00	7	3:29	100	8:50
Plessenburg	3.00	28:45	9:35	6	6:33	104	11:43	7.00	52:49	7:32	6	9:58	103	20:33
Abzweig rote Brü	3.00	20:26	6:48	6	4:16	100	8:03	10.00	1:13:15	7:19	6	13:59	103	28:36
Ilseburg/Markt	6.50	27:55	4:17	5	5:42	100	10:09	16.50	1:41:10	6:07	5	19:07	102	38:45