



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Marcus Gaede

Club: LC Ron-Hill Berlin
Number: 64

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M60 (60-64) A

Total time: 1:42:08

Speed: 9.40 km/h
Running performance: 6:11 min/km

Rank in course/Total: 132 (of 198)

Rank in course/Men: 104 (of 144)

Best time in course: 1:02:25

Rank in category: 6(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	23:52	5:58	6	3:17	99	8:38	4.00	23:52	5:58	6	3:17	99	8:38
Plessenburg	3.00	27:55	9:18	5	5:43	100	10:53	7.00	51:47	7:23	5	8:56	100	19:31
Abzweig rote Brü	3.00	20:39	6:52	8	4:29	103	8:16	10.00	1:12:26	7:14	5	13:10	99	27:47
Ilseburg/Markt	6.50	29:42	4:34	10	7:29	117	11:56	16.50	1:42:08	6:11	6	20:05	104	39:43