



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Thomas Schlangen

Club: LT MG-Volksgarten
Number: 158

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M60 (60-64) A

Total time: 1:42:22

Speed: 9.38 km/h
Running performance: 6:12 min/km

Rank in course/Total: 133 (of 198)

Rank in course/Men: 105 (of 144)

Best time in course: 1:02:25

Rank in category: 7(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	23:16	5:48	4	2:41	93	8:02	4.00	23:16	5:48	4	2:41	93	8:02
Plessenburg	3.00	30:33	10:11	8	8:21	121	13:31	7.00	53:49	7:41	7	10:58	105	21:33
Abzweig rote Brü	3.00	20:04	6:41	5	3:54	97	7:41	10.00	1:13:53	7:23	7	14:37	106	29:14
Ilseburg/Markt	6.50	28:29	4:22	8	6:16	109	10:43	16.50	1:42:22	6:12	7	20:19	105	39:57