



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Krystian Twyrdy

Club: Team Wetzsteine
Number: 185

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M60 (60-64) A

Total time: 1:44:23

Speed: 9.20 km/h
Running performance: 6:19 min/km

Rank in course/Total: 140 (of 198)

Rank in course/Men: 110 (of 144)

Best time in course: 1:02:25

Rank in category: 8(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	25:58	6:29	9	5:23	116	10:44	4.00	25:58	6:29	9	5:23	116	10:44
Plessenburg	3.00	29:01	9:40	7	6:49	107	11:59	7.00	54:59	7:51	8	12:08	110	22:43
Abzweig rote Brü	3.00	20:31	6:50	7	4:21	101	8:08	10.00	1:15:30	7:32	8	16:14	111	30:51
Ilseburg/Markt	6.50	28:53	4:26	9	6:40	112	11:07	16.50	1:44:23	6:19	8	22:20	110	41:58