



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Frank stoisiek

Club: CLUB PIONEROS GERMANY
Number: 174

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M60 (60-64) A

Total time: 1:47:52

Speed: 8.90 km/h
Running performance: 6:32 min/km

Rank in course/Total: 148 (of 198)

Rank in course/Men: 116 (of 144)

Best time in course: 1:02:25

Rank in category: 9(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	25:57	6:29	8	5:22	115	10:43	4.00	25:57	6:29	8	5:22	115	10:43
Plessenburg	3.00	31:56	10:38	12	9:44	133	14:54	7.00	57:53	8:16	9	15:02	125	25:37
Abzweig rote Brü	3.00	21:44	7:14	9	5:34	114	9:21	10.00	1:19:37	7:57	9	20:21	122	34:58
Ilseburg/Markt	6.50	28:15	4:20	7	6:02	105	10:29	16.50	1:47:52	6:32	9	25:49	116	45:27