



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Bernd Sczepanski

Club: LAV Hamburg Nord
Number: 166

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M60 (60-64) A

Total time: 1:48:22

Speed: 8.86 km/h
Running performance: 6:34 min/km

Rank in course/Total: 151 (of 198)

Rank in course/Men: 118 (of 144)

Best time in course: 1:02:25

Rank in category: 10(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	27:09	6:47	10	6:34	126	11:55	4.00	27:09	6:47	10	6:34	126	11:55
Plessenburg	3.00	31:13	10:24	9	9:01	127	14:11	7.00	58:22	8:20	10	15:31	128	26:06
Abzweig rote Brü	3.00	21:48	7:15	10	5:38	116	9:25	10.00	1:20:10	8:01	10	20:54	124	35:31
Ilseburg/Markt	6.50	28:12	4:20	6	5:59	104	10:26	16.50	1:48:22	6:34	10	26:19	118	45:57