



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Thomas Neuberger

Number: 128

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M60 (60-64) A

Total time: 1:55:36

Speed: 8.30 km/h

Running performance: 7:00 min/km

Rank in course/Total: 175 (of 198)

Rank in course/Men: 131 (of 144)

Best time in course: 1:02:25

Rank in category: 11(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	27:11	6:47	12	6:36	128	11:57	4.00	27:11	6:47	12	6:36	128	11:57
Plessenburg	3.00	31:43	10:34	11	9:31	132	14:41	7.00	58:54	8:24	11	16:03	130	26:38
Abzweig rote Brü	3.00	23:06	7:42	11	6:56	127	10:43	10.00	1:22:00	8:11	11	22:44	129	37:21
Ilseburg/Markt	6.50	33:36	5:10	14	11:23	132	15:50	16.50	1:55:36	7:00	11	33:33	131	53:11