



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Ralf Thater

Club: LSF Oldenburg
Number: 177

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M60 (60-64) A

Total time: 1:57:05

Speed: 8.20 km/h
Running performance: 7:05 min/km

Rank in course/Total: 179 (of 198)

Rank in course/Men: 133 (of 144)

Best time in course: 1:02:25

Rank in category: 12(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	27:10	6:47	11	6:35	127	11:56	4.00	27:10	6:47	11	6:35	127	11:56
Plessenburg	3.00	33:32	11:10	14	11:20	137	16:30	7.00	1:00:42	8:40	13	17:51	136	28:26
Abzweig rote Brü	3.00	23:47	7:55	13	7:37	132	11:24	10.00	1:24:29	8:26	12	25:13	133	39:50
Ilseburg/Markt	6.50	32:36	5:00	13	10:23	128	14:50	16.50	1:57:05	7:05	12	35:02	133	54:40