



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Karl-Heinz Krause

Club: erst laufen dann saufen
Number: 104

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M60 (60-64) A

Total time: 1:59:11

Speed: 8.05 km/h
Running performance: 7:13 min/km

Rank in course/Total: 183 (of 198)

Rank in course/Men: 135 (of 144)

Best time in course: 1:02:25

Rank in category: 13(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	28:31	7:07	13	7:56	136	13:17	4.00	28:31	7:07	13	7:56	136	13:17
Plessenburg	3.00	32:01	10:40	13	9:49	135	14:59	7.00	1:00:32	8:38	12	17:41	135	28:16
Abzweig rote Brü	3.00	26:19	8:46	14	10:09	138	13:56	10.00	1:26:51	8:41	13	27:35	135	42:12
Ilseburg/Markt	6.50	32:20	4:58	12	10:07	127	14:34	16.50	1:59:11	7:13	13	37:08	135	56:46