



# 41. Oster-Ilsetalllauf

Ilsenburg / 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: 8.31 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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
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				
Ilsenburg/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				