



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Ralph Dietz

Club: DUV

Number: 34

Course: 16.50 km

16,5 km - Lauf

Category:

Senioren M60 (60-64) A

Total time: 2:11:54

Speed: 7.28 km/h

Running performance: 7:59 min/km

Rank in course/Total: 193 (of 198)

Rank in course/Men: 141 (of 144)

Best time in course: 1:02:25

Rank in category: 15(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	31:03	7:45	14	10:28	143	15:49	4.00	31:03	7:45	14	10:28	143	15:49
Plessenburg	3.00	31:34	10:31	10	9:22	131	14:32	7.00	1:02:37	8:56	14	19:46	138	30:21
Abzweig rote Brü	3.00	26:34	8:51	15	10:24	139	14:11	10.00	1:29:11	8:55	14	29:55	138	44:32
Ilseburg/Markt	6.50	42:43	6:34	15	20:30	144	24:57	16.50	2:11:54	7:59	15	49:51	141	1:09:29