



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Lutz Baumgart

Club: Brockenlaufverein
Number: 7

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M65 (65-69) A

Total time: 1:24:09

Speed: 11.76 km/h
Running performance: 5:06 min/km

Rank in course/Total: 48 (of 198)

Rank in course/Men: 46 (of 144)

Best time in course: 1:02:25

Rank in category: 1(of 4)

Best time in the category: 1:24:09

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	20:32	5:08	1	-	44	5:18	4.00	20:32	5:08	1	-	44	5:18
Plessenburg	3.00	23:22	7:47	1	-	46	6:20	7.00	43:54	6:16	1	-	48	11:38
Abzweig rote Brü	3.00	16:37	5:32	1	-	41	4:14	10.00	1:00:31	6:03	1	-	46	15:52
Ilseburg/Markt	6.50	23:38	3:38	1	-	42	5:52	16.50	1:24:09	5:06	1	-	46	21:44