



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Wolfgang Pardeike

Club: Storchverein
Number: 129

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M65 (65-69) A

Total time: 1:35:53

Speed: 10.01 km/h
Running performance: 5:48 min/km

Rank in course/Total: 107 (of 198)

Rank in course/Men: 86 (of 144)

Best time in course: 1:02:25

Rank in category: 2(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 | 23:49 | 5:57 | 3 | 3:17 | 98 | 8:35 | 4.00 | 23:49 | 5:57 | 3 | 3:17 | 98 | 8:35 |
| Plessenburg | 3.00 | 26:29 | 8:49 | 2 | 3:07 | 86 | 9:27 | 7.00 | 50:18 | 7:11 | 2 | 6:24 | 93 | 18:02 |
| Abzweig rote Brü | 3.00 | 19:18 | 6:26 | 2 | 2:41 | 87 | 6:55 | 10.00 | 1:09:36 | 6:57 | 2 | 9:05 | 91 | 24:57 |
| Ilseburg/Markt | 6.50 | 26:17 | 4:02 | 2 | 2:39 | 72 | 8:31 | 16.50 | 1:35:53 | 5:48 | 2 | 11:44 | 86 | 33:28 |