



41. Oster-Ilsetallauf
Ilseburg / 30.03.2024

Detailed evaluation

Frank Balzer

Number: 220

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M65 (65-69) A

Total time: 1:41:32

Speed: 9.46 km/h

Running performance: 6:09 min/km

Rank in course/Total: 130 (of 198)

Rank in course/Men: 103 (of 144)

Best time in course: 1:02:25

Rank in category: 3(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	23:01	5:45	2	2:29	89	7:47	4.00	23:01	5:45	2	2:29	89	7:47
Plessenburg	3.00	29:11	9:43	3	5:49	109	12:09	7.00	52:12	7:27	3	8:18	101	19:56
Abzweig rote Brü	3.00	21:00	7:00	4	4:23	108	8:37	10.00	1:13:12	7:19	3	12:41	102	28:33
Ilseburg/Markt	6.50	28:20	4:21	3	4:42	107	10:34	16.50	1:41:32	6:09	3	17:23	103	39:07