



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Michael Richter

Club: LC BlueLiner
Number: 142

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M65 (65-69) A

Total time: 1:43:58

Speed: 9.23 km/h
Running performance: 6:18 min/km

Rank in course/Total: 138 (of 198)

Rank in course/Men: 108 (of 144)

Best time in course: 1:02:25

Rank in category: 4(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	24:35	6:08	4	4:03	104	9:21	4.00	24:35	6:08	4	4:03	104	9:21
Plessenburg	3.00	30:14	10:04	4	6:52	118	13:12	7.00	54:49	7:49	4	10:55	109	22:33
Abzweig rote Brü	3.00	20:36	6:52	3	3:59	102	8:13	10.00	1:15:25	7:32	4	14:54	110	30:46
Ilseburg/Markt	6.50	28:33	4:23	4	4:55	111	10:47	16.50	1:43:58	6:18	4	19:49	108	41:33