



# 41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Lothar Rochau**

Club: LAV Halensia  
Number: 146

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M70 (70-74) A

Total time: 1:34:32

Speed: 10.47 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 99 (of 198)

Rank in course/Men: 80 (of 144)

Best time in course: 1:02:25

Rank in category: 1(of 3)

Best time in the category: 1:34:32

### 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	23:07	5:46	1	-	91	7:53	4.00	23:07	5:46	1	-	91	7:53
Plessenburg	3.00	26:56	8:58	1	-	90	9:54	7.00	50:03	7:08	1	-	92	17:47
Abzweig rote Brü	3.00	18:33	6:11	1	-	74	6:10	10.00	1:08:36	6:51	1	-	84	23:57
Ilseburg/Markt	6.50	25:56	3:59	1	-	65	8:10	16.50	1:34:32	5:43	1	-	80	32:07