



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Eckardt Kettenbeil**

Club: NIX tun kann JEDER  
Number: 90

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M70 (70-74) A

Total time: 1:51:02

Speed: 8.65 km/h  
Running performance: 6:43 min/km

Rank in course/Total: 157 (of 198)

Rank in course/Men: 121 (of 144)

Best time in course: 1:02:25

Rank in category: 2(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	26:13	6:33	2	3:06	120	10:59	4.00	26:13	6:33	2	3:06	120	10:59
Plessenburg	3.00	30:03	10:01	2	3:07	116	13:01	7.00	56:16	8:02	2	6:13	118	24:00
Abzweig rote Brü	3.00	22:10	7:23	2	3:37	119	9:47	10.00	1:18:26	7:50	2	9:50	116	33:47
Ilseburg/Markt	6.50	32:36	5:00	2	6:40	128	14:50	16.50	1:51:02	6:43	2	16:30	121	48:37