



41. Oster-Ilsetallauf

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. | 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 | 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 |