



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

### Günter Tondock

Club: TG-Northeim  
Number: 181

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M70 (70-74) A

Total time: 1:55:30

Speed: 8.31 km/h  
Running performance: 7:00 min/km

Rank in course/Total: 174 (of 198)

Rank in course/Men: 130 (of 144)

Best time in course: 1:02:25

Rank in category: 3(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	28:49	7:12	3	5:42	138	13:35	4.00	28:49	7:12	3	5:42	138	13:35
Plessenburg	3.00	30:51	10:16	3	3:55	124	13:49	7.00	59:40	8:31	3	9:37	132	27:24
Abzweig rote Brü	3.00	22:56	7:38	3	4:23	124	10:33	10.00	1:22:36	8:15	3	14:00	130	37:57
Ilseburg/Markt	6.50	32:54	5:03	3	6:58	130	15:08	16.50	1:55:30	7:00	3	20:58	130	53:05