



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Jürgen Westphal

Club: TSC Halberstadt
Number: 219

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M75 (75+) A

Total time: 1:51:56

Speed: 8.58 km/h
Running performance: 6:47 min/km

Rank in course/Total: 160 (of 198)

Rank in course/Men: 123 (of 144)

Best time in course: 1:02:25

Rank in category: 1(of 2)

Best time in the category: 1:51:56

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	26:24	6:35	1	-	122	11:10	4.00	26:24	6:35	1	-	122	11:10
Plessenburg	3.00	31:14	10:24	1	-	128	14:12	7.00	57:38	8:13	1	-	124	25:22
Abzweig rote Brü	3.00	23:53	7:57	1	-	133	11:30	10.00	1:21:31	8:09	1	-	128	36:52
Ilseburg/Markt	6.50	30:25	4:40	1	-	120	12:39	16.50	1:51:56	6:47	1	-	123	49:31