



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Hartmut VOGT

Club: TuS. Neudorf-Platendorf
Number: 189

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M75 (75+) A

Total time: 2:06:45

Speed: 7.57 km/h
Running performance: 7:40 min/km

Rank in course/Total: 191 (of 198)

Rank in course/Men: 140 (of 144)

Best time in course: 1:02:25

Rank in category: 2(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	28:34	7:08	2	2:10	137	13:20	4.00	28:34	7:08	2	2:10	137	13:20
Plessenburg	3.00	34:07	11:22	2	2:53	138	17:05	7.00	1:02:41	8:57	2	5:03	139	30:25
Abzweig rote Brü	3.00	26:41	8:53	2	2:48	140	14:18	10.00	1:29:22	8:56	2	7:51	139	44:43
Ilseburg/Markt	6.50	37:23	5:45	2	6:58	142	19:37	16.50	2:06:45	7:40	2	14:49	140	1:04:20