



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

Christoph Lehmann

Club: Team SKY

Number: 298

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M30 (30-34)

Total time: 37:57

Speed: 12.65 km/h

Running performance: 4:21 min/km

Rank in course/Total: 8 (of 124)

Rank in course/Men: 8 (of 69)

Best time in course: 30:04

Rank in category: 4(of 9)

Best time in the category: 31:22

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Abzweig Tännental	4.00	18:04	4:30	4	3:24	8	3:36	4.00	18:04	4:30	4	3:24	8	3:36
Ilseburg/Markt	4.70	19:53	4:13	4	3:11	8	4:17	8.70	37:57	4:21	4	6:35	8	7:53