



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: 13.75 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 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	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