



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Justus Letzel

Number: 302

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M30 (30-34)

Total time: 46:48

Speed: 10.26 km/h

Running performance: 5:22 min/km

Rank in course/Total: 43 (of 124)

Rank in course/Men: 36 (of 69)

Best time in course: 30:04

Rank in category: 6(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	24:01	6:00	7	9:21	46	9:33	4.00	24:01	6:00	7	9:21	46	9:33
Ilseburg/Markt	4.70	22:47	4:50	5	6:05	29	7:11	8.70	46:48	5:22	6	15:26	36	16:44