



41. Oster-Ilsetalllauf

Ilsenburg / 30.03.2024

Detailed evaluation

David Bormann

Club: Die Steuerprofis
Number: 229

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M30 (30-34)

Total time: 49:00

Speed: 10.65 km/h
Running performance: 5:37 min/km

Rank in course/Total: 51 (of 124)

Rank in course/Men: 43 (of 69)

Best time in course: 30:04

Rank in category: 7(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	22:48	5:42	6	8:08	40	8:20	4.00	22:48	5:42	6	8:08	40	8:20
Ilsenburg/Markt	4.70	26:12	5:34	7	9:30	47	10:36	8.70	49:00	5:37	7	17:38	43	18:56