



41. Oster-Ilsetalllauf

Ilsenburg / 30.03.2024

Detailed evaluation

Florian Baum

Club: erst laufen dann saufen
Number: 222

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M30 (30-34)

Total time: 1:12:06

Speed: 6.66 km/h
Running performance: 8:17 min/km

Rank in course/Total: 121 (of 124)

Rank in course/Men: 67 (of 69)

Best time in course: 30:04

Rank in category: 9(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	32:22	8:05	9	17:42	67	17:54	4.00	32:22	8:05	9	17:42	67	17:54
Ilsenburg/Markt	4.70	39:44	8:27	9	23:02	67	24:08	8.70	1:12:06	8:17	9	40:44	67	42:02