



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Manuel Heuck

Club: Drübeck
Number: 268

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M35 (35-39)

Total time: 40:03

Speed: 11.99 km/h
Running performance: 4:36 min/km

Rank in course/Total: 16 (of 124)

Rank in course/Men: 15 (of 69)

Best time in course: 30:04

Rank in category: 3(of 10)

Best time in the category: 32:25

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	19:07	4:46	3	3:38	16	4:39	4.00	19:07	4:46	3	3:38	16	4:39
Ilseburg/Markt	4.70	20:56	4:27	4	4:00	16	5:20	8.70	40:03	4:36	3	7:38	15	9:59