



41. Oster-Ilsetalllauf

Ilsenburg / 30.03.2024

Detailed evaluation

Michael Heitmann

Club: Mud Monkeys Mahnburg
Number: 266

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M35 (35-39)

Total time: 41:03

Speed: 11.69 km/h
Running performance: 4:43 min/km

Rank in course/Total: 22 (of 124)

Rank in course/Men: 19 (of 69)

Best time in course: 30:04

Rank in category: 4(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	20:11	5:02	4	4:42	21	5:43	4.00	20:11	5:02	4	4:42	21	5:43
Ilsenburg/Markt	4.70	20:52	4:26	3	3:56	14	5:16	8.70	41:03	4:43	4	8:38	19	10:59