



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Hannes Konstabel

Number: 287

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M35 (35-39)

Total time: 43:28

Speed: 11.04 km/h

Running performance: 4:59 min/km

Rank in course/Total: 32 (of 124)

Rank in course/Men: 27 (of 69)

Best time in course: 30:04

Rank in category: 6(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	21:37	5:24	7	6:08	32	7:09	4.00	21:37	5:24	7	6:08	32	7:09
Ilseburg/Markt	4.70	21:51	4:38	6	4:55	24	6:15	8.70	43:28	4:59	6	11:03	27	13:24