



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Andreas Gifhorn

Club: Team DiGi
Number: 258

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M35 (35-39)

Total time: 43:48

Speed: 10.96 km/h
Running performance: 5:02 min/km

Rank in course/Total: 34 (of 124)

Rank in course/Men: 28 (of 69)

Best time in course: 30:04

Rank in category: 7(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	20:59	5:14	6	5:30	25	6:31	4.00	20:59	5:14	6	5:30	25	6:31
Ilseburg/Markt	4.70	22:49	4:51	7	5:53	30	7:13	8.70	43:48	5:02	7	11:23	28	13:44