



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Christian Kaufhold

Number: 274

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M35 (35-39)

Total time: 45:44

Speed: 10.50 km/h

Running performance: 5:15 min/km

Rank in course/Total: 40 (of 124)

Rank in course/Men: 33 (of 69)

Best time in course: 30:04

Rank in category: 8(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	22:37	5:39	9	7:08	37	8:09	4.00	22:37	5:39	9	7:08	37	8:09
Ilseburg/Markt	4.70	23:07	4:55	8	6:11	33	7:31	8.70	45:44	5:15	8	13:19	33	15:40