



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Christoph Krüger

Club: Die Steuerprofis
Number: 289

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M35 (35-39)

Total time: 46:39

Speed: 10.29 km/h
Running performance: 5:21 min/km

Rank in course/Total: 42 (of 124)

Rank in course/Men: 35 (of 69)

Best time in course: 30:04

Rank in category: 9(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	22:38	5:39	10	7:09	38	8:10	4.00	22:38	5:39	10	7:09	38	8:10
Ilseburg/Markt	4.70	24:01	5:06	9	7:05	36	8:25	8.70	46:39	5:21	9	14:14	35	16:35