



41. Oster-Ilsetalllauf

Ilsenburg / 30.03.2024

Detailed evaluation

David Heitmann

Club: Mud Monkeys Mahnburg
Number: 265

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M35 (35-39)

Total time: 48:07

Speed: 9.98 km/h
Running performance: 5:31 min/km

Rank in course/Total: 48 (of 124)

Rank in course/Men: 40 (of 69)

Best time in course: 30:04

Rank in category: 10(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 Tännatal	4.00	21:48	5:27	8	6:19	33	7:20	4.00	21:48	5:27	8	6:19	33	7:20
Ilsenburg/Markt	4.70	26:19	5:35	10	9:23	48	10:43	8.70	48:07	5:31	10	15:42	40	18:03