



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

Maik Rieche

Number: 328

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M40 (40-44)

Total time: 38:50

Speed: 12.36 km/h

Running performance: 4:27 min/km

Rank in course/Total: 11 (of 124)

Rank in course/Men: 11 (of 69)

Best time in course: 30:04

Rank in category: 2(of 8)

Best time in the category: 38:34

### 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	18:45	4:41	2	0:28	13	4:17	4.00	18:45	4:41	2	0:28	13	4:17
Ilseburg/Markt	4.70	20:05	4:16	1	-	10	4:29	8.70	38:50	4:27	2	0:16	11	8:46