



41. Oster-Ilsetallauf

Ilsenburg / 30.03.2024

Detailed evaluation

Michael John-Bartkowiak

Club: Ilsenburg
Number: 273

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M40 (40-44)

Total time: 40:21

Speed: 11.90 km/h
Running performance: 4:38 min/km

Rank in course/Total: 17 (of 124)

Rank in course/Men: 16 (of 69)

Best time in course: 30:04

Rank in category: 3(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	20:04	5:00	3	1:47	19	5:36	4.00	20:04	5:00	3	1:47	19	5:36
Ilsenburg/Markt	4.70	20:17	4:18	2	0:12	12	4:41	8.70	40:21	4:38	3	1:47	16	10:17