



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

Christian König

Number: 286

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M40 (40-44)

Total time: 51:55

Speed: 10.05 km/h

Running performance: 5:58 min/km

Rank in course/Total: 68 (of 124)

Rank in course/Men: 52 (of 69)

Best time in course: 30:04

Rank in category: 5(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	25:47	6:26	5	7:30	53	11:19	4.00	25:47	6:26	5	7:30	53	11:19
Ilseburg/Markt	4.70	26:08	5:33	6	6:03	46	10:32	8.70	51:55	5:58	5	13:21	52	21:51