



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Christoph Schlöcker

Club: Bier-Bären-Bande
Number: 336

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M40 (40-44)

Total time: 57:18

Speed: 8.38 km/h
Running performance: 6:35 min/km

Rank in course/Total: 86 (of 124)

Rank in course/Men: 59 (of 69)

Best time in course: 30:04

Rank in category: 7(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	27:02	6:45	6	8:45	57	12:34	4.00	27:02	6:45	6	8:45	57	12:34
Ilseburg/Markt	4.70	30:16	6:26	8	10:11	61	14:40	8.70	57:18	6:35	7	18:44	59	27:14