



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Michael Chemnitz

Number: 236

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M40 (40-44)

Total time: 57:30

Speed: 8.35 km/h

Running performance: 6:36 min/km

Rank in course/Total: 87 (of 124)

Rank in course/Men: 60 (of 69)

Best time in course: 30:04

Rank in category: 8(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	27:42	6:55	8	9:25	60	13:14	4.00	27:42	6:55	8	9:25	60	13:14
Ilseburg/Markt	4.70	29:48	6:20	7	9:43	59	14:12	8.70	57:30	6:36	8	18:56	60	27:26