



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

Christian Ränicke

Number: 324

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M45 (45-49)

Total time: 43:16

Speed: 11.09 km/h

Running performance: 4:58 min/km

Rank in course/Total: 30 (of 124)

Rank in course/Men: 25 (of 69)

Best time in course: 30:04

Rank in category: 2(of 9)

Best time in the category: 39:51

### 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	21:30	5:22	5	2:48	31	7:02	4.00	21:30	5:22	5	2:48	31	7:02
Ilseburg/Markt	4.70	21:46	4:37	2	0:37	23	6:10	8.70	43:16	4:58	2	3:25	25	13:12