



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Marco Garke

Number: 256

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M45 (45-49)

Total time: 43:50

Speed: 10.95 km/h

Running performance: 5:02 min/km

Rank in course/Total: 35 (of 124)

Rank in course/Men: 29 (of 69)

Best time in course: 30:04

Rank in category: 3(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	21:08	5:16	2	2:26	27	6:40	4.00	21:08	5:16	2	2:26	27	6:40
Ilseburg/Markt	4.70	22:42	4:49	3	1:33	28	7:06	8.70	43:50	5:02	3	3:59	29	13:46