



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Danny Deumeland

Club: Team Blau
Number: 238

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M45 (45-49)

Total time: 44:16

Speed: 10.84 km/h
Running performance: 5:05 min/km

Rank in course/Total: 37 (of 124)

Rank in course/Men: 31 (of 69)

Best time in course: 30:04

Rank in category: 4(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	21:20	5:19	4	2:38	30	6:52	4.00	21:20	5:19	4	2:38	30	6:52
Ilseburg/Markt	4.70	22:56	4:52	4	1:47	32	7:20	8.70	44:16	5:05	4	4:25	31	14:12