



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Mario Heise**

Club: hzmakler & friends  
Number: 264

Course: 8.70 km  
8,7 km - Lauf

Category:  
Senioren M45 (45-49)

Total time: 44:43

Speed: 10.73 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 38 (of 124)

Rank in course/Men: 32 (of 69)

Best time in course: 30:04

Rank in category: 5(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	21:10	5:17	3	2:28	28	6:42	4.00	21:10	5:17	3	2:28	28	6:42
Ilseburg/Markt	4.70	23:33	5:00	5	2:24	34	7:57	8.70	44:43	5:08	5	4:52	32	14:39