



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

Axel Oberländer

Number: 314

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M45 (45-49)

Total time: 47:50

Speed: 10.03 km/h

Running performance: 5:29 min/km

Rank in course/Total: 47 (of 124)

Rank in course/Men: 39 (of 69)

Best time in course: 30:04

Rank in category: 6(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	23:08	5:46	7	4:26	42	8:40	4.00	23:08	5:46	7	4:26	42	8:40
Ilseburg/Markt	4.70	24:42	5:15	6	3:33	39	9:06	8.70	47:50	5:29	6	7:59	39	17:46