



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Alexander Langer**

Club: Die Wadenkrämpfe  
Number: 293

Course: 8.70 km  
8,7 km - Lauf

Category:  
Senioren M45 (45-49)

Total time: 50:49

Speed: 10.27 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 61 (of 124)

Rank in course/Men: 47 (of 69)

Best time in course: 30:04

Rank in category: 8(of 9)

Best time in the category: 39:51

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	24:29	6:07	8	5:47	48	10:01	4.00	24:29	6:07	8	5:47	48	10:01
Ilseburg/Markt	4.70	26:20	5:36	8	5:11	49	10:44	8.70	50:49	5:50	8	10:58	47	20:45