



# 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: 9.45 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      |