



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

Jan Eiglmeier

Number: 247

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M45 (45-49)

Total time: 51:52

Speed: 9.25 km/h

Running performance: 5:57 min/km

Rank in course/Total: 67 (of 124)

Rank in course/Men: 51 (of 69)

Best time in course: 30:04

Rank in category: 9(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	25:17	6:19	9	6:35	52	10:49	4.00	25:17	6:19	9	6:35	52	10:49
Ilseburg/Markt	4.70	26:35	5:39	9	5:26	51	10:59	8.70	51:52	5:57	9	12:01	51	21:48