



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Stefan Huwald

Number: 468

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M50 (50-54)

Total time: 39:34

Speed: 12.13 km/h

Running performance: 4:32 min/km

Rank in course/Total: 14 (of 124)

Rank in course/Men: 13 (of 69)

Best time in course: 30:04

Rank in category: 1(of 7)

Best time in the category: 39:34

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	18:42	4:40	1	-	11	4:14	4.00	18:42	4:40	1	-	11	4:14
Ilseburg/Markt	4.70	20:52	4:26	1	-	14	5:16	8.70	39:34	4:32	1	-	13	9:30