



41. Oster-Ilsetalllauf

Ilsenburg / 30.03.2024

Detailed evaluation

Tobias Wehmeier

Club: Brockenlauf Verein
Number: 352

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M50 (50-54)

Total time: 43:54

Speed: 10.93 km/h
Running performance: 5:02 min/km

Rank in course/Total: 36 (of 124)

Rank in course/Men: 30 (of 69)

Best time in course: 30:04

Rank in category: 2(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	21:14	5:18	2	2:32	29	6:46	4.00	21:14	5:18	2	2:32	29	6:46
Ilsenburg/Markt	4.70	22:40	4:49	2	1:48	27	7:04	8.70	43:54	5:02	2	4:20	30	13:50