



41. Oster-Ilsetalllauf

Ilsenburg / 30.03.2024

Detailed evaluation

Birger Kuthe-Schulz

Club: FSV GW Ilsenburg AH
Number: 292

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M50 (50-54)

Total time: 48:59

Speed: 9.80 km/h
Running performance: 5:37 min/km

Rank in course/Total: 50 (of 124)

Rank in course/Men: 42 (of 69)

Best time in course: 30:04

Rank in category: 3(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	23:50	5:57	4	5:08	45	9:22	4.00	23:50	5:57	4	5:08	45	9:22
Ilsenburg/Markt	4.70	25:09	5:21	3	4:17	40	9:33	8.70	48:59	5:37	3	9:25	42	18:55