



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Michael Buck

Club: Rookie 2
Number: 233

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M50 (50-54)

Total time: 50:36

Speed: 9.49 km/h
Running performance: 5:48 min/km

Rank in course/Total: 60 (of 124)

Rank in course/Men: 46 (of 69)

Best time in course: 30:04

Rank in category: 4(of 7)

Best time in the category: 39:34

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 | 24:50 | 6:12 | 5 | 6:08 | 49 | 10:22 | 4.00 | 24:50 | 6:12 | 5 | 6:08 | 49 | 10:22 |
| Ilseburg/Markt | 4.70 | 25:46 | 5:28 | 4 | 4:54 | 42 | 10:10 | 8.70 | 50:36 | 5:48 | 4 | 11:02 | 46 | 20:32 |