



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	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	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