



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Markus Hoffmann

Club: SFC Evers Bad Harzburg
Number: 361

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M50 (50-54)

Total time: 51:01

Speed: 9.41 km/h
Running performance: 5:51 min/km

Rank in course/Total: 62 (of 124)

Rank in course/Men: 48 (of 69)

Best time in course: 30:04

Rank in category: 5(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	22:47	5:41	3	4:05	39	8:19	4.00	22:47	5:41	3	4:05	39	8:19
Ilseburg/Markt	4.70	28:14	6:00	5	7:22	57	12:38	8.70	51:01	5:51	5	11:27	48	20:57