



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Jan Heskamp

Club: Erdinger Active Team
Number: 267

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M50 (50-54)

Total time: 59:46

Speed: 8.03 km/h
Running performance: 6:52 min/km

Rank in course/Total: 98 (of 124)

Rank in course/Men: 64 (of 69)

Best time in course: 30:04

Rank in category: 6(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	29:26	7:21	6	10:44	63	14:58	4.00	29:26	7:21	6	10:44	63	14:58
Ilseburg/Markt	4.70	30:20	6:27	6	9:28	62	14:44	8.70	59:46	6:52	6	20:12	64	29:42