



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Dennis Rohwedder

Number: 330

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M55 (55-59)

Total time: 42:48

Speed: 11.21 km/h

Running performance: 4:55 min/km

Rank in course/Total: 28 (of 124)

Rank in course/Men: 24 (of 69)

Best time in course: 30:04

Rank in category: 3(of 8)

Best time in the category: 38:08

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	20:39	5:09	3	2:34	23	6:11	4.00	20:39	5:09	3	2:34	23	6:11
Ilseburg/Markt	4.70	22:09	4:42	3	2:06	26	6:33	8.70	42:48	4:55	3	4:40	24	12:44