



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Andreas Montag

Club: Glückauf Huettenrode
Number: 309

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M55 (55-59)

Total time: 46:51

Speed: 10.25 km/h
Running performance: 5:23 min/km

Rank in course/Total: 44 (of 124)

Rank in course/Men: 37 (of 69)

Best time in course: 30:04

Rank in category: 4(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	22:30	5:37	4	4:25	36	8:02	4.00	22:30	5:37	4	4:25	36	8:02
Ilseburg/Markt	4.70	24:21	5:10	4	4:18	37	8:45	8.70	46:51	5:23	4	8:43	37	16:47