



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Stephan Heide

Club: Löwenläufer Braunschweig
Number: 263

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M55 (55-59)

Total time: 51:14

Speed: 9.37 km/h
Running performance: 5:53 min/km

Rank in course/Total: 63 (of 124)

Rank in course/Men: 49 (of 69)

Best time in course: 30:04

Rank in category: 5(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	24:16	6:03	5	6:11	47	9:48	4.00	24:16	6:03	5	6:11	47	9:48
Ilseburg/Markt	4.70	26:58	5:44	5	6:55	53	11:22	8.70	51:14	5:53	5	13:06	49	21:10