



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Freddy Müller

Club: hzmakler & friends
Number: 312

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M55 (55-59)

Total time: 52:09

Speed: 10.01 km/h
Running performance: 5:59 min/km

Rank in course/Total: 71 (of 124)

Rank in course/Men: 53 (of 69)

Best time in course: 30:04

Rank in category: 6(of 8)

Best time in the category: 38:08

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	25:03	6:15	6	6:58	50	10:35	4.00	25:03	6:15	6	6:58	50	10:35
Ilseburg/Markt	4.70	27:06	5:45	6	7:03	54	11:30	8.70	52:09	5:59	6	14:01	53	22:05