



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Thomas Klemmer

Club: LC RON-HILL Berlin
Number: 283

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M55 (55-59)

Total time: 59:00

Speed: 8.14 km/h
Running performance: 6:46 min/km

Rank in course/Total: 95 (of 124)

Rank in course/Men: 62 (of 69)

Best time in course: 30:04

Rank in category: 7(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	28:10	7:02	8	10:05	62	13:42	4.00	28:10	7:02	8	10:05	62	13:42
Ilseburg/Markt	4.70	30:50	6:33	7	10:47	63	15:14	8.70	59:00	6:46	7	20:52	62	28:56