



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Andreas Reich

Club: Blau Weiß Hettstedt
Number: 325

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M55 (55-59)

Total time: 59:43

Speed: 8.74 km/h
Running performance: 6:51 min/km

Rank in course/Total: 97 (of 124)

Rank in course/Men: 63 (of 69)

Best time in course: 30:04

Rank in category: 8(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 Tännatal	4.00	28:03	7:00	7	9:58	61	13:35	4.00	28:03	7:00	7	9:58	61	13:35
Ilseburg/Markt	4.70	31:40	6:44	8	11:37	64	16:04	8.70	59:43	6:51	8	21:35	63	29:39