



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: 8.04 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 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	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