



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Peter Teutloff

Club: Gesundheitszentrum Aschersleben
Number: 344

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M60 (60-64)

Total time: 41:13

Speed: 11.65 km/h
Running performance: 4:44 min/km

Rank in course/Total: 23 (of 124)

Rank in course/Men: 20 (of 69)

Best time in course: 30:04

Rank in category: 1(of 1)

Best time in the category: 41:13

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	19:46	4:56	1	-	18	5:18	4.00	19:46	4:56	1	-	18	5:18
Ilseburg/Markt	4.70	21:27	4:33	1	-	21	5:51	8.70	41:13	4:44	1	-	20	11:09