



# 41. Oster-Ilsetalllauf

Ilsenburg / 30.03.2024

## Detailed evaluation

### Ansgo Portwig

Club: Rot-Weiss-Essen  
Number: 320

Course: 8.70 km  
8,7 km - Lauf

Category:  
Senioren M70 (70-74)

Total time: 53:23

Speed: 8.99 km/h  
Running performance: 6:08 min/km

Rank in course/Total: 76 (of 124)

Rank in course/Men: 56 (of 69)

Best time in course: 30:04

Rank in category: 1(of 4)

Best time in the category: 53:23

### 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	25:54	6:28	1	-	54	11:26	4.00	25:54	6:28	1	-	54	11:26
Ilsenburg/Markt	4.70	27:29	5:50	1	-	55	11:53	8.70	53:23	6:08	1	-	56	23:19