



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Werner Gawehn

Club: OneManGroup
Number: 257

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M70 (70-74)

Total time: 1:17:29

Speed: 6.19 km/h
Running performance: 8:54 min/km

Rank in course/Total: 122 (of 124)

Rank in course/Men: 68 (of 69)

Best time in course: 30:04

Rank in category: 3(of 4)

Best time in the category: 53:23

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	36:55	9:13	3	11:01	68	22:27	4.00	36:55	9:13	3	11:01	68	22:27
Ilseburg/Markt	4.70	40:34	8:37	3	13:05	68	24:58	8.70	1:17:29	8:54	3	24:06	68	47:25