



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Jürgen Weniger

Number: 354

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M70 (70-74)

Total time: 1:18:29

Speed: 6.12 km/h

Running performance: 9:01 min/km

Rank in course/Total: 124 (of 124)

Rank in course/Men: 69 (of 69)

Best time in course: 30:04

Rank in category: 4(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	37:19	9:19	4	11:25	69	22:51	4.00	37:19	9:19	4	11:25	69	22:51
Ilseburg/Markt	4.70	41:10	8:45	4	13:41	69	25:34	8.70	1:18:29	9:01	4	25:06	69	48:25