



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Maximilian Rubrecht

Club: Lok Blankenburg
Number: 332

Course: 8.70 km
8,7 km - Lauf

Category:
Männer (20-29)

Total time: 39:06

Speed: 12.28 km/h
Running performance: 4:29 min/km

Rank in course/Total: 12 (of 124)

Rank in course/Men: 12 (of 69)

Best time in course: 30:04

Rank in category: 3(of 7)

Best time in the category: 30:04

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	18:57	4:44	3	4:29	14	4:29	4.00	18:57	4:44	3	4:29	14	4:29
Ilseburg/Markt	4.70	20:09	4:17	3	4:33	11	4:33	8.70	39:06	4:29	3	9:02	12	9:02