



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Marius Feder

Number: 248

Course: 8.70 km
8,7 km - Lauf

Category:
Männer (20-29)

Total time: 43:25

Speed: 11.06 km/h

Running performance: 4:59 min/km

Rank in course/Total: 31 (of 124)

Rank in course/Men: 26 (of 69)

Best time in course: 30:04

Rank in category: 5(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	20:34	5:08	4	6:06	22	6:06	4.00	20:34	5:08	4	6:06	22	6:06
Ilseburg/Markt	4.70	22:51	4:51	5	7:15	31	7:15	8.70	43:25	4:59	5	13:21	26	13:21