



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Attila Friedrich

Club: Bier-Bären-Bande
Number: 254

Course: 8.70 km
8,7 km - Lauf

Category:
Männer (20-29)

Total time: 47:37

Speed: 10.96 km/h
Running performance: 5:28 min/km

Rank in course/Total: 46 (of 124)

Rank in course/Men: 38 (of 69)

Best time in course: 30:04

Rank in category: 6(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	23:05	5:46	6	8:37	41	8:37	4.00	23:05	5:46	6	8:37	41	8:37
Ilseburg/Markt	4.70	24:32	5:13	6	8:56	38	8:56	8.70	47:37	5:28	6	17:33	38	17:33