



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Jonas Böhler

Number: 227

Course: 8.70 km
8,7 km - Lauf

Category:
Männer (20-29)

Total time: 53:03

Speed: 9.05 km/h

Running performance: 6:05 min/km

Rank in course/Total: 75 (of 124)

Rank in course/Men: 55 (of 69)

Best time in course: 30:04

Rank in category: 7(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	26:10	6:32	7	11:42	55	11:42	4.00	26:10	6:32	7	11:42	55	11:42
Ilseburg/Markt	4.70	26:53	5:43	7	11:17	52	11:17	8.70	53:03	6:05	7	22:59	55	22:59