



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Lennart Dillge

Club: Team DiGi

Number: 241

Course: 8.70 km

8,7 km - Lauf

Category:

männliche Jugend U16 (14-15)

Total time: 58:43

Speed: 8.17 km/h

Running performance: 6:44 min/km

Rank in course/Total: 93 (of 124)

Rank in course/Men: 61 (of 69)

Best time in course: 30:04

Rank in category: 3(of 3)

Best time in the category: 40:36

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	29:31	7:22	3	10:15	64	15:03	4.00	29:31	7:22	3	10:15	64	15:03
Ilseburg/Markt	4.70	29:12	6:12	3	7:52	58	13:36	8.70	58:43	6:44	3	18:07	61	28:39