



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Lars Stallmann

Club: HGL

Number: 368

Course: 8.70 km

8,7 km - Lauf

Category:

männliche Jugend U18 (16-17)

Total time: 49:39

Speed: 9.67 km/h

Running performance: 5:42 min/km

Rank in course/Total: 54 (of 124)

Rank in course/Men: 45 (of 69)

Best time in course: 30:04

Rank in category: 1(of 2)

Best time in the category: 49:39

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	23:44	5:56	1	-	44	9:16	4.00	23:44	5:56	1	-	44	9:16
Ilseburg/Markt	4.70	25:55	5:30	1	-	43	10:19	8.70	49:39	5:42	1	-	45	19:35