



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Florian Lippe

Club: Harz-Gebirgslauf Wernigerode
Number: 305

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M30 (30-34)

Total time: 32:47

Speed: 14.64 km/h
Running performance: 3:46 min/km

Rank in course/Total: 5 (of 124)

Rank in course/Men: 5 (of 69)

Best time in course: 30:04

Rank in category: 3(of 9)

Best time in the category: 31:22

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 Tännatal	4.00	15:51	3:57	2	1:11	4	1:23	4.00	15:51	3:57	2	1:11	4	1:23
Ilseburg/Markt	4.70	16:56	3:36	3	0:14	4	1:20	8.70	32:47	3:46	3	1:25	5	2:43