



41. Oster-Ilsetalllauf

Ilsenburg / 30.03.2024

Detailed evaluation

Enrico Dietrich

Club: Harz-Gebirgslauf Wernigerode

Number: 240

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M35 (35-39)

Total time: 32:25

Speed: 14.81 km/h

Running performance: 3:43 min/km

Rank in course/Total: 3 (of 124)

Rank in course/Men: 3 (of 69)

Best time in course: 30:04

Rank in category: 1(of 10)

Best time in the category: 32:25

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	15:29	3:52	1	-	3	1:01	4.00	15:29	3:52	1	-	3	1:01
Ilsenburg/Markt	4.70	16:56	3:36	1	-	4	1:20	8.70	32:25	3:43	1	-	3	2:21