



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Christian Czapla

Club: Harz-Gebirgslauf Wernigerode
Number: 237

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M35 (35-39)

Total time: 36:30

Speed: 13.15 km/h
Running performance: 4:11 min/km

Rank in course/Total: 7 (of 124)

Rank in course/Men: 7 (of 69)

Best time in course: 30:04

Rank in category: 2(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	17:28	4:21	2	1:59	7	3:00	4.00	17:28	4:21	2	1:59	7	3:00
Ilseburg/Markt	4.70	19:02	4:02	2	2:06	7	3:26	8.70	36:30	4:11	2	4:05	7	6:26