



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Philipp Kommert

Club: HGL 1978 e.V. Wernigerode
Number: 363

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M35 (35-39)

Total time: 42:26

Speed: 12.30 km/h

Running performance: 4:52 min/km

Rank in course/Total: 26 (of 124)

Rank in course/Men: 23 (of 69)

Best time in course: 30:04

Rank in category: 5(of 10)

Best time in the category: 32:25

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 Tännatal	4.00	20:43	5:10	5	5:14	24	6:15	4.00	20:43	5:10	5	5:14	24	6:15
Ilseburg/Markt	4.70	21:43	4:37	5	4:47	22	6:07	8.70	42:26	4:52	5	10:01	23	12:22