



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Christian Cäsar

Club: Harz-Gebirgslauf Wernigerode
Number: 235

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M40 (40-44)

Total time: 38:34

Speed: 13.54 km/h
Running performance: 4:25 min/km

Rank in course/Total: 10 (of 124)

Rank in course/Men: 10 (of 69)

Best time in course: 30:04

Rank in category: 1(of 8)

Best time in the category: 38:34

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	18:17	4:34	1	-	10	3:49	4.00	18:17	4:34	1	-	10	3:49
Ilseburg/Markt	4.70	20:17	4:18	2	0:12	12	4:41	8.70	38:34	4:25	1	-	10	8:30