



# 41. Oster-Ilsetallauf

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: 12.45 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 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 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