



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Jörg Lehmann

Club: Harz-Gebirgslauf Wernigerode

Number: 299

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M45 (45-49)

Total time: 39:51

Speed: 12.05 km/h

Running performance: 4:34 min/km

Rank in course/Total: 15 (of 124)

Rank in course/Men: 14 (of 69)

Best time in course: 30:04

Rank in category: 1(of 9)

Best time in the category: 39:51

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	18:42	4:40	1	-	11	4:14	4.00	18:42	4:40	1	-	11	4:14
Ilseburg/Markt	4.70	21:09	4:29	1	-	17	5:33	8.70	39:51	4:34	1	-	14	9:47