



# 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	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	18:42	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