



41. Oster-Ilsetalllauf

Ilsenburg / 30.03.2024

Detailed evaluation

Matthias Keye

Club: Lauffreunde Harz
Number: 275

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M45 (45-49)

Total time: 48:21

Speed: 9.93 km/h
Running performance: 5:33 min/km

Rank in course/Total: 49 (of 124)

Rank in course/Men: 41 (of 69)

Best time in course: 30:04

Rank in category: 7(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	22:16	5:33	6	3:34	34	7:48	4.00	22:16	5:33	6	3:34	34	7:48
Ilsenburg/Markt	4.70	26:05	5:32	7	4:56	45	10:29	8.70	48:21	5:33	7	8:30	41	18:17