



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Andreas Pfahl

Club: Arche Wernigerode
Number: 317

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M55 (55-59)

Total time: 38:08

Speed: 12.59 km/h
Running performance: 4:22 min/km

Rank in course/Total: 9 (of 124)

Rank in course/Men: 9 (of 69)

Best time in course: 30:04

Rank in category: 1(of 8)

Best time in the category: 38:08

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	18:05	4:31	1	-	9	3:37	4.00	18:05	4:31	1	-	9	3:37
Ilseburg/Markt	4.70	20:03	4:15	1	-	9	4:27	8.70	38:08	4:22	1	-	9	8:04