



41. Oster-Ilsetalllauf

Ilsenburg / 30.03.2024

Detailed evaluation

Hans-Eugen Fleig

Club: Harz-Gebirgslauf Wernigerode

Number: 251

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M65 (65-69)

Total time: 54:01

Speed: 9.66 km/h

Running performance: 6:12 min/km

Rank in course/Total: 78 (of 124)

Rank in course/Men: 57 (of 69)

Best time in course: 30:04

Rank in category: 1(of 1)

Best time in the category: 54:01

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	26:21	6:35	1	-	56	11:53	4.00	26:21	6:35	1	-	56	11:53
Ilsenburg/Markt	4.70	27:40	5:53	1	-	56	12:04	8.70	54:01	6:12	1	-	57	23:57