



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Tim Eichmann

Club: Harzklub
Number: 47

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M30 (30-34) A

Total time: 1:14:46

Speed: 12.84 km/h
Running performance: 4:31 min/km

Rank in course/Total: 16 (of 198)

Rank in course/Men: 16 (of 144)

Best time in course: 1:02:25

Rank in category: 3(of 16)

Best time in the category: 1:02:25

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 Tännatal	4.00	18:59	4:44	6	3:45	27	3:45	4.00	18:59	4:44	6	3:45	27	3:45
Plessenburg	3.00	19:55	6:38	3	2:53	10	2:53	7.00	38:54	5:33	4	6:38	17	6:38
Abzweig rote Brü	3.00	15:01	5:00	3	2:38	17	2:38	10.00	53:55	5:23	4	9:16	18	9:16
Ilseburg/Markt	6.50	20:51	3:12	3	3:05	12	3:05	16.50	1:14:46	4:31	3	12:21	16	12:21