



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Marcel Gerlach

Club: Harz-Gebirgslauf Wernigerode
Number: 66

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M30 (30-34) A

Total time: 1:22:38

Speed: 11.98 km/h
Running performance: 5:00 min/km

Rank in course/Total: 39 (of 198)

Rank in course/Men: 39 (of 144)

Best time in course: 1:02:25

Rank in category: 8(of 16)

Best time in the category: 1:02:25

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	19:43	4:55	9	4:29	39	4:29	4.00	19:43	4:55	9	4:29	39	4:29
Plessenburg	3.00	22:06	7:22	8	5:04	34	5:04	7.00	41:49	5:58	8	9:33	36	9:33
Abzweig rote Brü	3.00	16:46	5:35	9	4:23	46	4:23	10.00	58:35	5:51	8	13:56	36	13:56
Ilseburg/Markt	6.50	24:03	3:42	8	6:17	45	6:17	16.50	1:22:38	5:00	8	20:13	39	20:13