



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Tizian Hellmuth**

Club: Harzer Wölfe  
Number: 74

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M30 (30-34) A

Total time: 1:30:01

Speed: 11.00 km/h  
Running performance: 5:27 min/km

Rank in course/Total: 70 (of 198)

Rank in course/Men: 63 (of 144)

Best time in course: 1:02:25

Rank in category: 12(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.	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	20:58	5:14	12	5:44	54	5:44	4.00	20:58	5:14	12	5:44	54	5:44
Plessenburg	3.00	25:05	8:21	12	8:03	70	8:03	7.00	46:03	6:34	12	13:47	62	13:47
Abzweig rote Brü	3.00	17:58	5:59	12	5:35	61	5:35	10.00	1:04:01	6:24	12	19:22	62	19:22
Ilseburg/Markt	6.50	26:00	4:00	13	8:14	66	8:14	16.50	1:30:01	5:27	12	27:36	63	27:36