



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Kieran Schneider

Club: Harzer Wölfe
Number: 162

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M30 (30-34) A

Total time: 1:33:38

Speed: 10.25 km/h
Running performance: 5:40 min/km

Rank in course/Total: 95 (of 198)

Rank in course/Men: 77 (of 144)

Best time in course: 1:02:25

Rank in category: 13(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	22:32	5:38	13	7:18	81	7:18	4.00	22:32	5:38	13	7:18	81	7:18
Plessenburg	3.00	26:01	8:40	13	8:59	82	8:59	7.00	48:33	6:56	13	16:17	80	16:17
Abzweig rote Brü	3.00	18:22	6:07	13	5:59	71	5:59	10.00	1:06:55	6:41	13	22:16	78	22:16
Ilseburg/Markt	6.50	26:43	4:06	15	8:57	80	8:57	16.50	1:33:38	5:40	13	31:13	77	31:13