



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Christian Diskowski

Club: RSC Lüneburg Triathlon
Number: 35

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M35 (35-39) A

Total time: 1:08:37

Speed: 13.99 km/h
Running performance: 4:09 min/km

Rank in course/Total: 5 (of 198)

Rank in course/Men: 5 (of 144)

Best time in course: 1:02:25

Rank in category: 1(of 15)

Best time in the category: 1:08:37

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 Tännental	4.00	16:37	4:09	1	-	6	1:23	4.00	16:37	4:09	1	-	6	1:23
Plessenburg	3.00	18:47	6:15	1	-	5	1:45	7.00	35:24	5:03	1	-	6	3:08
Abzweig rote Brü	3.00	13:35	4:31	1	-	4	1:12	10.00	48:59	4:53	1	-	5	4:20
Ilseburg/Markt	6.50	19:38	3:01	1	-	5	1:52	16.50	1:08:37	4:09	1	-	5	6:12