



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Martin Morgenstern

Club: LAV 07 Bad Harzburg
Number: 124

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M35 (35-39) A

Total time: 1:10:42

Speed: 13.58 km/h
Running performance: 4:17 min/km

Rank in course/Total: 7 (of 198)

Rank in course/Men: 7 (of 144)

Best time in course: 1:02:25

Rank in category: 2(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	17:06	4:16	2	0:29	12	1:52	4.00	17:06	4:16	2	0:29	12	1:52
Plessenburg	3.00	19:24	6:27	2	0:37	8	2:22	7.00	36:30	5:12	2	1:06	10	4:14
Abzweig rote Brü	3.00	14:00	4:40	2	0:25	7	1:37	10.00	50:30	5:02	2	1:31	8	5:51
Ilseburg/Markt	6.50	20:12	3:06	2	0:34	7	2:26	16.50	1:10:42	4:17	2	2:05	7	8:17