



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

Alexander Hartmann

Number: 71

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M35 (35-39) A

Total time: 1:17:55

Speed: 12.32 km/h

Running performance: 4:43 min/km

Rank in course/Total: 24 (of 198)

Rank in course/Men: 24 (of 144)

Best time in course: 1:02:25

Rank in category: 3(of 15)

Best time in the category: 1:08:37

### 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	18:24	4:35	3	1:47	16	3:10	4.00	18:24	4:35	3	1:47	16	3:10	
Plessenburg	3.00	21:06	7:02	3	2:19	22	4:04	7.00	39:30	5:38	3	4:06	21	7:14	
Abzweig rote Brü	3.00	15:37	5:12	3	2:02	27	3:14	10.00	55:07	5:30	3	6:08	21	10:28	
Ilseburg/Markt	6.50	22:48	3:30	4	3:10	36	5:02	16.50	1:17:55	4:43	3	9:18	24	15:30	