



# 41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Daniel Ragoß**

Club: NSV Wernigerode  
Number: 136

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M35 (35-39) A

Total time: 1:29:04

Speed: 11.12 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 64 (of 198)

Rank in course/Men: 58 (of 144)

Best time in course: 1:02:25

Rank in category: 6(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännatal	4.00	21:09	5:17	6	4:32	57	5:55	4.00	21:09	5:17	6	4:32	57	5:55
Plessenburg	3.00	24:18	8:05	9	5:31	60	7:16	7.00	45:27	6:29	8	10:03	60	13:11
Abzweig rote Brü	3.00	17:55	5:58	6	4:20	58	5:32	10.00	1:03:22	6:20	8	14:23	61	18:43
Ilseburg/Markt	6.50	25:42	3:57	6	6:04	62	7:56	16.50	1:29:04	5:23	6	20:27	58	26:39