



# 41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Steven Rinke**

Club: Harz-Gebirgslauf Wernigerode

Number: 144

Course: 16.50 km

16,5 km - Lauf

Category:

Senioren M40 (40-44) A

Total time: 1:12:21

Speed: 13.68 km/h

Running performance: 4:23 min/km

Rank in course/Total: 10 (of 198)

Rank in course/Men: 10 (of 144)

Best time in course: 1:02:25

Rank in category: 4(of 22)

Best time in the category: 1:07:11

### 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	17:20	4:19	5	0:35	13	2:06	4.00	17:20	4:19	5	0:35	13	2:06
Plessenburg	3.00	19:57	6:38	4	1:55	13	2:55	7.00	37:17	5:19	4	2:30	11	5:01
Abzweig rote Brü	3.00	14:11	4:43	3	0:52	8	1:48	10.00	51:28	5:08	4	3:22	11	6:49
Ilseburg/Markt	6.50	20:53	3:12	5	1:48	13	3:07	16.50	1:12:21	4:23	4	5:10	10	9:56