



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Andreas Dietrich

Club: Lauffreunde Harz
Number: 32

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M45 (45-49) A

Total time: 1:30:50

Speed: 10.57 km/h
Running performance: 5:30 min/km

Rank in course/Total: 77 (of 198)

Rank in course/Men: 67 (of 144)

Best time in course: 1:02:25

Rank in category: 11(of 18)

Best time in the category: 1:16:23

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	22:16	5:33	12	3:50	76	7:02	4.00	22:16	5:33	12	3:50	76	7:02
Plessenburg	3.00	24:27	8:09	11	3:39	66	7:25	7.00	46:43	6:40	11	7:29	68	14:27
Abzweig rote Brü	3.00	18:01	6:00	11	2:54	63	5:38	10.00	1:04:44	6:28	11	10:23	65	20:05
Ilseburg/Markt	6.50	26:06	4:00	11	5:05	67	8:20	16.50	1:30:50	5:30	11	14:27	67	28:25