



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Fabian Lippe

Club: Harz-Gebirgslauf Wernigerode
Number: 304

Course: 8.70 km
8,7 km - Lauf

Category:
Männer (20-29)

Total time: 34:27

Speed: 13.93 km/h
Running performance: 3:57 min/km

Rank in course/Total: 6 (of 124)

Rank in course/Men: 6 (of 69)

Best time in course: 30:04

Rank in category: 2(of 7)

Best time in the category: 30:04

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	16:29	4:07	2	2:01	6	2:01	4.00	16:29	4:07	2	2:01	6	2:01
Ilseburg/Markt	4.70	17:58	3:49	2	2:22	6	2:22	8.70	34:27	3:57	2	4:23	6	4:23