



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Ben Lehmann

Club: Harz-Gebirgslauf Wernigerode
Number: 297

Course: 8.70 km
8,7 km - Lauf

Category:
männliche Jugend U16 (14-15)

Total time: 40:36

Speed: 11.82 km/h
Running performance: 4:40 min/km

Rank in course/Total: 20 (of 124)

Rank in course/Men: 18 (of 69)

Best time in course: 30:04

Rank in category: 1(of 3)

Best time in the category: 40:36

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 Tännatal	4.00	19:16	4:48	1	-	17	4:48	4.00	19:16	4:48	1	-	17	4:48
Ilseburg/Markt	4.70	21:20	4:32	1	-	19	5:44	8.70	40:36	4:40	1	-	18	10:32