



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Dean Sauthoff

Club: Laufteam Wolfshagen im Harz
Number: 333

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M30 (30-34)

Total time: 31:22

Speed: 15.30 km/h
Running performance: 3:36 min/km

Rank in course/Total: 2 (of 124)

Rank in course/Men: 2 (of 69)

Best time in course: 30:04

Rank in category: 1(of 9)

Best time in the category: 31:22

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	14:40	3:39	1	-	2	0:12	4.00	14:40	3:39	1	-	2	0:12
Ilseburg/Markt	4.70	16:42	3:33	1	-	2	1:06	8.70	31:22	3:36	1	-	2	1:18