



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

### Matthias Göbel

Club: Harz-Gebirgslauf Wernigerode

Number: 260

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M30 (30-34)

Total time: 32:45

Speed: 14.66 km/h

Running performance: 3:45 min/km

Rank in course/Total: 4 (of 124)

Rank in course/Men: 4 (of 69)

Best time in course: 30:04

Rank in category: 2(of 9)

Best time in the category: 31:22

### 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	15:51	3:57	2	1:11	4	1:23	4.00	15:51	3:57	2	1:11	4	1:23
Ilseburg/Markt	4.70	16:54	3:35	2	0:12	3	1:18	8.70	32:45	3:45	2	1:23	4	2:41