



# 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	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	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