



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

Maximilian Schmidt

Number: 338

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M30 (30-34)

Total time: 46:05

Speed: 11.33 km/h

Running performance: 5:17 min/km

Rank in course/Total: 41 (of 124)

Rank in course/Men: 34 (of 69)

Best time in course: 30:04

Rank in category: 5(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	22:21	5:35	5	7:41	35	7:53	4.00	22:21	5:35	5	7:41	35	7:53
Ilseburg/Markt	4.70	23:44	5:02	6	7:02	35	8:08	8.70	46:05	5:17	5	14:43	34	16:01