



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Maximilian Schmidt

Club: Die Steuerprofis
Number: 337

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M30 (30-34)

Total time: 1:03:39

Speed: 7.54 km/h
Running performance: 7:18 min/km

Rank in course/Total: 108 (of 124)

Rank in course/Men: 65 (of 69)

Best time in course: 30:04

Rank in category: 8(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	30:38	7:39	8	15:58	66	16:10	4.00	30:38	7:39	8	15:58	66	16:10
Ilseburg/Markt	4.70	33:01	7:01	8	16:19	65	17:25	8.70	1:03:39	7:18	8	32:17	65	33:35