



# 41. Oster-Ilsetalllauf

Ilsenburg / 30.03.2024

## Detailed evaluation

**Florian Baum**

Club: erst laufen dann saufen  
Number: 222

Course: 8.70 km  
8,7 km - Lauf

Category:  
Senioren M30 (30-34)

Total time: 1:12:06

Speed: 6.66 km/h  
Running performance: 8:17 min/km

Rank in course/Total: 121 (of 124)

Rank in course/Men: 67 (of 69)

Best time in course: 30:04

Rank in category: 9(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	32:22	8:05	9	17:42	67	17:54	4.00	32:22	8:05	9	17:42	67	17:54
Ilsenburg/Markt	4.70	39:44	8:27	9	23:02	67	24:08	8.70	1:12:06	8:17	9	40:44	67	42:02