



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Michael Tittel

Club: Hofbrauhaus Wolters
Number: 346

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M40 (40-44)

Total time: 42:13

Speed: 11.37 km/h
Running performance: 4:51 min/km

Rank in course/Total: 24 (of 124)

Rank in course/Men: 21 (of 69)

Best time in course: 30:04

Rank in category: 4(of 8)

Best time in the category: 38:34

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	20:07	5:01	4	1:50	20	5:39	4.00	20:07	5:01	4	1:50	20	5:39
Ilseburg/Markt	4.70	22:06	4:42	4	2:01	25	6:30	8.70	42:13	4:51	4	3:39	21	12:09