



# 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: 12.36 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 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	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