



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

### Conti Bode

Club: BergBodies  
Number: 224

Course: 8.70 km  
8,7 km - Lauf

Category:  
Senioren M40 (40-44)

Total time: 53:01

Speed: 9.05 km/h  
Running performance: 6:05 min/km

Rank in course/Total: 73 (of 124)

Rank in course/Men: 54 (of 69)

Best time in course: 30:04

Rank in category: 6(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	27:22	6:50	7	9:05	59	12:54	4.00	27:22	6:50	7	9:05	59	12:54
Ilseburg/Markt	4.70	25:39	5:27	5	5:34	41	10:03	8.70	53:01	6:05	6	14:27	54	22:57