



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Mohammed Bedel**

Club: TSV Sibbesse  
Number: 218

Course: 16.50 km  
16,5 km - Lauf

Category:  
Männer (20-29) A

Total time: 1:05:10

Speed: 14.73 km/h  
Running performance: 3:56 min/km

Rank in course/Total: 2 (of 198)

Rank in course/Men: 2 (of 144)

Best time in course: 1:02:25

Rank in category: 1(of 18)

Best time in the category: 1:05:10

### 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	15:31	3:52	1	-	2	0:17	4.00	15:31	3:52	1	-	2	0:17
Plessenburg	3.00	17:11	5:43	1	-	2	0:09	7.00	32:42	4:40	1	-	2	0:26
Abzweig rote Brü	3.00	13:15	4:25	1	-	2	0:52	10.00	45:57	4:35	1	-	2	1:18
Ilseburg/Markt	6.50	19:13	2:57	2	0:32	4	1:27	16.50	1:05:10	3:56	1	-	2	2:45