



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Tim Klaus**

Club: FSV Grün-Weiß Ilseburg  
Number: 91

Course: 16.50 km  
16,5 km - Lauf

Category:  
Männer (20-29) A

Total time: 1:14:24

Speed: 12.90 km/h  
Running performance: 4:30 min/km

Rank in course/Total: 14 (of 198)

Rank in course/Men: 14 (of 144)

Best time in course: 1:02:25

Rank in category: 4(of 18)

Best time in the category: 1:05:10

### 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	19:03	4:45	5	3:32	29	3:49	4.00	19:03	4:45	5	3:32	29	3:49
Plessenburg	3.00	19:56	6:38	3	2:45	11	2:54	7.00	38:59	5:34	4	6:17	18	6:43
Abzweig rote Brü	3.00	14:26	4:48	3	1:11	12	2:03	10.00	53:25	5:20	4	7:28	17	8:46
Ilseburg/Markt	6.50	20:59	3:13	4	2:18	14	3:13	16.50	1:14:24	4:30	4	9:14	14	11:59