



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

Robert Adam-Müller

Number: 216

Course: 16.50 km  
16,5 km - Lauf

Category:  
Männer (20-29) A

Total time: 1:24:39

Speed: 11.34 km/h

Running performance: 5:07 min/km

Rank in course/Total: 49 (of 198)

Rank in course/Men: 47 (of 144)

Best time in course: 1:02:25

Rank in category: 6(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	19:12	4:47	6	3:41	32	3:58	4.00	19:12	4:47	6	3:41	32	3:58
Plessenburg	3.00	23:00	7:40	6	5:49	43	5:58	7.00	42:12	6:01	6	9:30	38	9:56
Abzweig rote Brü	3.00	16:34	5:31	6	3:19	40	4:11	10.00	58:46	5:52	6	12:49	38	14:07
Ilseburg/Markt	6.50	25:53	3:58	8	7:12	64	8:07	16.50	1:24:39	5:07	6	19:29	47	22:14