



# 41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Timo Erdelmeier**

Club: Triathlöwen Bremen e.V.  
Number: 470

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M35 (35-39) A

Total time: 1:31:45

Speed: 10.46 km/h  
Running performance: 5:33 min/km

Rank in course/Total: 84 (of 198)

Rank in course/Men: 71 (of 144)

Best time in course: 1:02:25

Rank in category: 10(of 15)

Best time in the category: 1:08:37

### 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	21:28	5:21	9	4:51	64	6:14	4.00	21:28	5:21	9	4:51	64	6:14
Plessenburg	3.00	25:53	8:37	11	7:06	80	8:51	7.00	47:21	6:45	10	11:57	71	15:05
Abzweig rote Brü	3.00	18:18	6:06	10	4:43	70	5:55	10.00	1:05:39	6:33	10	16:40	70	21:00
Ilseburg/Markt	6.50	26:06	4:00	7	6:28	67	8:20	16.50	1:31:45	5:33	10	23:08	71	29:20