



# 41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

## Detailed evaluation

**David Kaufhold**

Club: Bier-Bären-Bande  
Number: 88

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M35 (35-39) A

Total time: 1:34:04

Speed: 10.21 km/h  
Running performance: 5:42 min/km

Rank in course/Total: 98 (of 198)

Rank in course/Men: 79 (of 144)

Best time in course: 1:02:25

Rank in category: 11(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	21:56	5:29	11	5:19	73	6:42	4.00	21:56	5:29	11	5:19	73	6:42
Plessenburg	3.00	25:30	8:30	10	6:43	73	8:28	7.00	47:26	6:46	11	12:02	72	15:10
Abzweig rote Brü	3.00	19:19	6:26	12	5:44	88	6:56	10.00	1:06:45	6:40	11	17:46	76	22:06
Ilseburg/Markt	6.50	27:19	4:12	12	7:41	93	9:33	16.50	1:34:04	5:42	11	25:27	79	31:39