



# 41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

## Detailed evaluation

Robert Brandt

Number: 24

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M35 (35-39) A

Total time: 1:38:17

Speed: 9.77 km/h

Running performance: 5:57 min/km

Rank in course/Total: 120 (of 198)

Rank in course/Men: 96 (of 144)

Best time in course: 1:02:25

Rank in category: 14(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	24:07	6:01	14	7:30	102	8:53	4.00	24:07	6:01	14	7:30	102	8:53	
Plessenburg	3.00	26:36	8:52	12	7:49	87	9:34	7.00	50:43	7:14	14	15:19	94	18:27	
Abzweig rote Brü	3.00	20:11	6:43	14	6:36	99	7:48	10.00	1:10:54	7:05	14	21:55	94	26:15	
Ilseburg/Markt	6.50	27:23	4:12	13	7:45	94	9:37	16.50	1:38:17	5:57	14	29:40	96	35:52	