



# 41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

## Detailed evaluation

Maik Becker

Number: 10

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M40 (40-44) A

Total time: 1:14:02

Speed: 12.97 km/h

Running performance: 4:29 min/km

Rank in course/Total: 12 (of 198)

Rank in course/Men: 12 (of 144)

Best time in course: 1:02:25

Rank in category: 5(of 22)

Best time in the category: 1:07:11

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	18:27	4:36	8	1:42	19	3:13	4.00	18:27	4:36	8	1:42	19	3:13
Plessenburg	3.00	20:26	6:48	6	2:24	16	3:24	7.00	38:53	5:33	8	4:06	16	6:37
Abzweig rote Brü	3.00	14:24	4:47	6	1:05	11	2:01	10.00	53:17	5:19	8	5:11	16	8:38
Ilseburg/Markt	6.50	20:45	3:11	4	1:40	11	2:59	16.50	1:14:02	4:29	5	6:51	12	11:37