



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

David Förste

Club: Bad Bikers MTB-Sport e.V
Number: 54

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44) A

Total time: 1:17:45

Speed: 12.35 km/h
Running performance: 4:42 min/km

Rank in course/Total: 22 (of 198)

Rank in course/Men: 22 (of 144)

Best time in course: 1:02:25

Rank in category: 9(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 | 18:51 | 4:42 | 9 | 2:06 | 23 | 3:37 | 4.00 | 18:51 | 4:42 | 9 | 2:06 | 23 | 3:37 |
| Plessenburg | 3.00 | 21:00 | 7:00 | 8 | 2:58 | 20 | 3:58 | 7.00 | 39:51 | 5:41 | 9 | 5:04 | 23 | 7:35 |
| Abzweig rote Brü | 3.00 | 15:21 | 5:06 | 9 | 2:02 | 23 | 2:58 | 10.00 | 55:12 | 5:31 | 9 | 7:06 | 22 | 10:33 |
| Ilseburg/Markt | 6.50 | 22:33 | 3:28 | 12 | 3:28 | 31 | 4:47 | 16.50 | 1:17:45 | 4:42 | 9 | 10:34 | 22 | 15:20 |