



# 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	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	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