



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

### Björn Spittau

Club: TG Schildesche 05  
Number: 168

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M45 (45-49) A

Total time: 1:35:54

Speed: 10.01 km/h  
Running performance: 5:48 min/km

Rank in course/Total: 108 (of 198)

Rank in course/Men: 87 (of 144)

Best time in course: 1:02:25

Rank in category: 13(of 18)

Best time in the category: 1:16:23

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	22:41	5:40	13	4:15	84	7:27	4.00	22:41	5:40	13	4:15	84	7:27
Plessenburg	3.00	26:04	8:41	13	5:16	83	9:02	7.00	48:45	6:57	13	9:31	81	16:29
Abzweig rote Brü	3.00	19:58	6:39	13	4:51	95	7:35	10.00	1:08:43	6:52	13	14:22	86	24:04
Ilseburg/Markt	6.50	27:11	4:10	13	6:10	92	9:25	16.50	1:35:54	5:48	13	19:31	87	33:29