



# 41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Bodo Matthes**

Club: LC RON HILL Berlin e.V.  
Number: 117

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M60 (60-64) A

Total time: 2:02:25

Speed: 7.84 km/h  
Running performance: 7:25 min/km

Rank in course/Total: 187 (of 198)

Rank in course/Men: 137 (of 144)

Best time in course: 1:02:25

Rank in category: 14(of 15)

Best time in the category: 1:22:03

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	31:24	7:50	15	10:49	144	16:10	4.00	31:24	7:50	15	10:49	144	16:10
Plessenburg	3.00	36:18	12:05	15	14:06	142	19:16	7.00	1:07:42	9:40	15	24:51	144	35:26
Abzweig rote Brü	3.00	23:30	7:49	12	7:20	131	11:07	10.00	1:31:12	9:07	15	31:56	140	46:33
Ilseburg/Markt	6.50	31:13	4:48	11	9:00	122	13:27	16.50	2:02:25	7:25	14	40:22	137	1:00:00