



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Nolte, Rolf

Club: Laufteam Sonnenhotels Deutschland
Number: 275

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 44:39

Speed: 10.75 km/h

Running performance: 5:08 min/km

Rank in course/Total: 37 (of 121)

Rank in course/Men: 28 (of 67)

Best time in course: 31:48

Rank in category: 1(of 3)

Best time in the category: 44:39

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	21:10	5:17	1	-	21	5:45	4.00	21:10	5:17	1	-	21	5:45
Ilsenburg/Markt	4.70	23:29	4:59	1	-	32	7:06	8.70	44:39	5:07	1	-	28	12:51