



40. Oster-Ilsetalllauf  
Ilseburg / 08.04.2023

Detailed evaluation

Warnecke, Ralf

Club: MTV Jahn Schladen  
Number: 307

Course: 8.70 km  
8,7 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 45:44

Speed: 10.50 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 43 (of 121)

Rank in course/Men: 30 (of 67)

Best time in course: 31:48

Rank in category: 2(of 2)

Best time in the category: 37:56

Intermediate times

Stage score

Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                   |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Abzweig Tännental | 4.00        | 22:40         | 5:40            | 2           | 4:26           | 40          | 7:15          | 4.00          | 22:40         | 5:40            | 2           | 4:26           | 40         | 7:15          |
| Ilseburg/Markt    | 4.70        | 23:04         | 4:54            | 2           | 3:22           | 29          | 6:41          | 8.70          | 45:44         | 5:15            | 2           | 7:48           | 30         | 13:56         |