



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Brachmann, Ronald

Club: Brockenlaufverein Ilseburg
Number: 322

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 50:18

Speed: 9.54 km/h
Running performance: 5:47 min/km

Rank in course/Total: 78 (of 121)

Rank in course/Men: 52 (of 67)

Best time in course: 31:48

Rank in category: 2(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	24:33	6:08	2	3:23	52	9:08	4.00	24:33	6:08	2	3:23	52	9:08
Ilseburg/Markt	4.70	25:45	5:28	2	2:16	48	9:22	8.70	50:18	5:46	2	5:39	52	18:30