



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Portwig, Ansgo

Club: Rot-Weiss-Essen
Number: 280

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 52:34

Speed: 9.13 km/h
Running performance: 6:02 min/km

Rank in course/Total: 92 (of 121)

Rank in course/Men: 59 (of 67)

Best time in course: 31:48

Rank in category: 1(of 3)

Best time in the category: 52:34

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 Tännatal	4.00	26:01	6:30	1	-	61	10:36	4.00	26:01	6:30	1	-	61	10:36
Ilsenburg/Markt	4.70	26:33	5:38	1	-	55	10:10	8.70	52:34	6:02	1	-	59	20:46