



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Schlottag, Jens

Club: Gaensefurther Sportbewegung
Number: 288

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 58:15

Speed: 8.96 km/h
Running performance: 6:42 min/km

Rank in course/Total: 103 (of 121)

Rank in course/Men: 64 (of 67)

Best time in course: 31:48

Rank in category: 4(of 4)

Best time in the category: 41:21

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	27:20	6:49	4	7:21	63	11:55	4.00	27:20	6:49	4	7:21	63	11:55
Ilseburg/Markt	4.70	30:55	6:34	4	9:33	63	14:32	8.70	58:15	6:41	4	16:54	64	26:27