



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Schneider, Rolf-Dieter

Club: LC Auensee Leipzig
Number: 292

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 1:02:35

Speed: 7.67 km/h
Running performance: 7:11 min/km

Rank in course/Total: 112 (of 121)

Rank in course/Men: 67 (of 67)

Best time in course: 31:48

Rank in category: 3(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 Tännatal	4.00	29:54	7:28	3	8:44	66	14:29	4.00	29:54	7:28	3	8:44	66	14:29
Ilsenburg/Markt	4.70	32:41	6:57	3	9:12	67	16:18	8.70	1:02:35	7:11	3	17:56	67	30:47