



# 40. Oster-Ilsetallauf

Ilsenburg / 08.04.2023

## Detailed evaluation

Fürle, Alexander

Club: Laufteam Sonnenhotels Deutschland  
Number: 43

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:03:29

Speed: 15.12 km/h  
Running performance: 3:51 min/km

Rank in course/Total: 1 (of 135)

Rank in course/Men: 1 (of 102)

Best time in course: 1:03:29

Rank in category: 1(of 10)

Best time in the category: 1:03:29

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännatal	4.00	15:25	3:51	1	-	1	-	4.00	15:25	3:51	1	-	1	-
Plessenburg	3.00	17:04	5:41	1	-	2	0:14	7.00	32:29	4:38	1	-	1	-
Abzweig rote Brü	3.00	12:27	4:08	1	-	1	-	10.00	44:56	4:29	1	-	1	-
Ilsenburg/Markt	6.50	18:33	2:51	1	-	2	0:03	16.50	1:03:29	3:50	1	-	1	-