



40. Oster-Ilsetallauf

Ilseburg / 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: 15.59 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	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	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	-
Ilseburg/Markt	6.50	18:33	2:51	1	-	2	0:03	16.50	1:03:29	3:50	1	-	1	-