



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Stagge, Fabian

Club: NSV Wernigerode
Number: 122

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:04:05

Speed: 14.98 km/h
Running performance: 3:53 min/km

Rank in course/Total: 2 (of 135)

Rank in course/Men: 2 (of 102)

Best time in course: 1:03:29

Rank in category: 1(of 15)

Best time in the category: 1:04:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännatal	4.00	15:56	3:59	1	-	2	0:31	4.00	15:56	3:59	1	-	2	0:31
Plessenburg	3.00	16:50	5:36	1	-	1	-	7.00	32:46	4:40	1	-	2	0:17
Abzweig rote Brü	3.00	12:33	4:11	1	-	2	0:06	10.00	45:19	4:31	1	-	2	0:23
Ilseburg/Markt	6.50	18:46	2:53	1	-	3	0:16	16.50	1:04:05	3:53	1	-	2	0:36