



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Wiessner, Enrico

Club: FH Runners Berlin
Number: 138

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:05:23

Speed: 14.68 km/h
Running performance: 3:58 min/km

Rank in course/Total: 3 (of 135)

Rank in course/Men: 3 (of 102)

Best time in course: 1:03:29

Rank in category: 2(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 Tännental	4.00	16:05	4:01	2	0:09	3	0:40	4.00	16:05	4:01	2	0:09	3	0:40
Plessenburg	3.00	17:31	5:50	2	0:41	3	0:41	7.00	33:36	4:47	2	0:50	3	1:07
Abzweig rote Brü	3.00	12:41	4:13	2	0:08	3	0:14	10.00	46:17	4:37	2	0:58	3	1:21
Ilseburg/Markt	6.50	19:06	2:56	3	0:20	6	0:36	16.50	1:05:23	3:57	2	1:18	3	1:54