



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Keller, Toni

Club: GutsMuths-Rennsteiglaufverein

Number: 69

Course: 16.50 km

16,5 km - Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:06:24

Speed: 14.91 km/h

Running performance: 4:01 min/km

Rank in course/Total: 4 (of 135)

Rank in course/Men: 4 (of 102)

Best time in course: 1:03:29

Rank in category: 3(of 15)

Best time in the category: 1:04:05

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	16:18	4:04	3	0:22	4	0:53	4.00	16:18	4:04	3	0:22	4	0:53
Plessenburg	3.00	18:01	6:00	3	1:11	4	1:11	7.00	34:19	4:54	3	1:33	4	1:50
Abzweig rote Brü	3.00	13:13	4:24	3	0:40	4	0:46	10.00	47:32	4:45	3	2:13	4	2:36
Ilseburg/Markt	6.50	18:52	2:54	2	0:06	5	0:22	16.50	1:06:24	4:01	3	2:19	4	2:55