



# 40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

## Detailed evaluation

**Michel, Fräsdorf**

Club: SV Hasselfelde

Number: 84

Course: 16.50 km

16,5 km - Lauf

Category:

Männer (20-29 Jahre)

Total time: 1:07:20

Speed: 14.70 km/h

Running performance: 4:05 min/km

Rank in course/Total: 5 (of 135)

Rank in course/Men: 5 (of 102)

Best time in course: 1:03:29

Rank in category: 1(of 6)

Best time in the category: 1:07:20

### 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	16:31	4:07	1	-	5	1:06	4.00	16:31	4:07	1	-	5	1:06
Plessenburg	3.00	18:39	6:12	2	0:02	7	1:49	7.00	35:10	5:01	1	-	5	2:41
Abzweig rote Brü	3.00	13:20	4:26	2	0:02	6	0:53	10.00	48:30	4:50	1	-	5	3:34
Ilseburg/Markt	6.50	18:50	2:53	2	0:20	4	0:20	16.50	1:07:20	4:04	1	-	5	3:51