



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Klinder, Ingolf

Club: TSV Reinbek
Number: 149

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:09:53

Speed: 14.17 km/h
Running performance: 4:14 min/km

Rank in course/Total: 8 (of 135)

Rank in course/Men: 8 (of 102)

Best time in course: 1:03:29

Rank in category: 1(of 15)

Best time in the category: 1:09:53

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	17:20	4:19	2	0:20	9	1:55	4.00	17:20	4:19	2	0:20	9	1:55
Plessenburg	3.00	18:26	6:08	1	-	5	1:36	7.00	35:46	5:06	1	-	7	3:17
Abzweig rote Brü	3.00	13:51	4:36	1	-	8	1:24	10.00	49:37	4:57	1	-	7	4:41
Ilseburg/Markt	6.50	20:16	3:07	3	0:30	12	1:46	16.50	1:09:53	4:14	1	-	8	6:24