



40. Oster-Ilsetallauf

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: 13.74 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 Tännatal | 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 |