



40. Oster-Ilsetalllauf
Ilseburg / 08.04.2023

Detailed evaluation

Cäsar, Christian

Club: Harz-Gebirgslauf Wernigerode
Number: 25

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:12:01

Speed: 13.33 km/h
Running performance: 4:22 min/km

Rank in course/Total: 12 (of 135)

Rank in course/Men: 12 (of 102)

Best time in course: 1:03:29

Rank in category: 3(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	17:00	4:15	1	-	6	1:35	4.00	17:00	4:15	1	-	6	1:35
Plessenburg	3.00	20:30	6:49	3	2:04	17	3:40	7.00	37:30	5:21	2	1:44	14	5:01
Abzweig rote Brü	3.00	14:45	4:55	3	0:54	19	2:18	10.00	52:15	5:13	3	2:38	16	7:19
Ilseburg/Markt	6.50	19:46	3:02	1	-	8	1:16	16.50	1:12:01	4:21	3	2:08	12	8:32