



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

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Club: Eintracht Hildesheim
Number: 16

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:11:58

Speed: 13.34 km/h
Running performance: 4:22 min/km

Rank in course/Total: 11 (of 135)

Rank in course/Men: 11 (of 102)

Best time in course: 1:03:29

Rank in category: 2(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. | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Abzweig Tännental | 4.00 | 18:18 | 4:34 | 4 | 1:18 | 21 | 2:53 | 4.00 | 18:18 | 4:34 | 4 | 1:18 | 21 | 2:53 |
| Plessenburg | 3.00 | 19:50 | 6:36 | 2 | 1:24 | 14 | 3:00 | 7.00 | 38:08 | 5:26 | 3 | 2:22 | 16 | 5:39 |
| Abzweig rote Brü | 3.00 | 13:51 | 4:36 | 1 | - | 8 | 1:24 | 10.00 | 51:59 | 5:11 | 2 | 2:22 | 14 | 7:03 |
| Ilseburg/Markt | 6.50 | 19:59 | 3:04 | 2 | 0:13 | 10 | 1:29 | 16.50 | 1:11:58 | 4:21 | 2 | 2:05 | 11 | 8:29 |