



40. Oster-Ilsetallauf
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: 13.76 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.	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	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