



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Schwingel, Fabian

Club: Bernburg
Number: 117

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:12:04

Speed: 13.32 km/h
Running performance: 4:22 min/km

Rank in course/Total: 13 (of 135)

Rank in course/Men: 13 (of 102)

Best time in course: 1:03:29

Rank in category: 4(of 15)

Best time in the category: 1:04:05

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Abzweig Tännental	4.00	17:49	4:27	6	1:53	17	2:24	4.00	17:49	4:27	6	1:53	17	2:24
Plessenburg	3.00	19:24	6:27	4	2:34	11	2:34	7.00	37:13	5:19	4	4:27	12	4:44
Abzweig rote Brü	3.00	14:20	4:46	4	1:47	12	1:53	10.00	51:33	5:09	4	6:14	12	6:37
Ilseburg/Markt	6.50	20:31	3:09	5	1:45	14	2:01	16.50	1:12:04	4:22	4	7:59	13	8:35