



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Vasterling, Frank

Club: Lauffreunde Eichsfeld
Number: 128

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:12:35

Speed: 13.64 km/h
Running performance: 4:24 min/km

Rank in course/Total: 15 (of 135)

Rank in course/Men: 15 (of 102)

Best time in course: 1:03:29

Rank in category: 1(of 12)

Best time in the category: 1:12:35

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	17:54	4:28	1	-	18	2:29	4.00	17:54	4:28	1	-	18	2:29
Plessenburg	3.00	19:33	6:30	1	-	13	2:43	7.00	37:27	5:21	1	-	13	4:58
Abzweig rote Brü	3.00	14:21	4:46	1	-	13	1:54	10.00	51:48	5:10	1	-	13	6:52
Ilseburg/Markt	6.50	20:47	3:11	1	-	16	2:17	16.50	1:12:35	4:23	1	-	15	9:06