



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Stock, Peter

Club: Läufer-Team Oker e. V.
Number: 124

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:12:14

Speed: 13.71 km/h
Running performance: 4:23 min/km

Rank in course/Total: 14 (of 135)

Rank in course/Men: 14 (of 102)

Best time in course: 1:03:29

Rank in category: 2(of 10)

Best time in the category: 1:11:36

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	17:33	4:23	1	-	11	2:08	4.00	17:33	4:23	1	-	11	2:08
Plessenburg	3.00	19:32	6:30	2	0:17	12	2:42	7.00	37:05	5:17	2	0:16	10	4:36
Abzweig rote Brü	3.00	14:21	4:46	2	0:17	13	1:54	10.00	51:26	5:08	2	0:33	11	6:30
Ilsenburg/Markt	6.50	20:48	3:12	2	0:05	18	2:18	16.50	1:12:14	4:22	2	0:38	14	8:45