



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Röder, Fabian

Club: NSV Wernigerode
Number: 102

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:12:48

Speed: 13.60 km/h
Running performance: 4:25 min/km

Rank in course/Total: 16 (of 135)

Rank in course/Men: 16 (of 102)

Best time in course: 1:03:29

Rank in category: 2(of 8)

Best time in the category: 1:11:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.			
Abzweig Tännatal	4.00	17:43	4:25	2	0:10	14	2:18	4.00	17:43	4:25	2	0:10	14	2:18	
Plessenburg	3.00	20:35	6:51	3	1:13	20	3:45	7.00	38:18	5:28	3	1:08	19	5:49	
Abzweig rote Brü	3.00	14:33	4:51	3	0:30	16	2:06	10.00	52:51	5:17	3	1:38	18	7:55	
Ilseburg/Markt	6.50	19:57	3:04	1	-	9	1:27	16.50	1:12:48	4:24	2	1:26	16	9:19	