



40. Oster-Ilsetalllauf  
Ilseburg / 08.04.2023

Detailed evaluation

Schillmann, Arne

Club: Schwülper  
Number: 106

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:13:19

Speed: 13.09 km/h  
Running performance: 4:26 min/km

Rank in course/Total: 17 (of 135)

Rank in course/Men: 17 (of 102)

Best time in course: 1:03:29

Rank in category: 5(of 15)

Best time in the category: 1:04:05

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	17:31	4:22	4	1:35	10	2:06	4.00	17:31	4:22	4	1:35	10	2:06
Plessenburg	3.00	20:38	6:52	6	3:48	22	3:48	7.00	38:09	5:27	5	5:23	17	5:40
Abzweig rote Brü	3.00	14:42	4:53	6	2:09	18	2:15	10.00	52:51	5:17	6	7:32	18	7:55
Ilseburg/Markt	6.50	20:28	3:08	4	1:42	13	1:58	16.50	1:13:19	4:26	5	9:14	17	9:50