



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Knauer, Daniel

Club: Brockenlaufverein Ilseburg
Number: 141

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:13:38

Speed: 13.04 km/h
Running performance: 4:28 min/km

Rank in course/Total: 19 (of 135)

Rank in course/Men: 19 (of 102)

Best time in course: 1:03:29

Rank in category: 3(of 8)

Best time in the category: 1:11:22

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	17:33	4:23	1	-	11	2:08	4.00	17:33	4:23	1	-	11	2:08
Plessenburg	3.00	20:02	6:40	2	0:40	15	3:12	7.00	37:35	5:22	2	0:25	15	5:06
Abzweig rote Brü	3.00	14:30	4:49	2	0:27	15	2:03	10.00	52:05	5:12	2	0:52	15	7:09
Ilseburg/Markt	6.50	21:33	3:18	3	1:36	24	3:03	16.50	1:13:38	4:27	3	2:16	19	10:09