



# 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: 13.44 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 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	17:33	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	