



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Klippstein, Sören

Club: Halle

Number: 71

Course: 16.50 km

16,5 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:14:28

Speed: 13.29 km/h

Running performance: 4:31 min/km

Rank in course/Total: 20 (of 135)

Rank in course/Men: 20 (of 102)

Best time in course: 1:03:29

Rank in category: 2(of 10)

Best time in the category: 1:03:29

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	18:12	4:32	2	2:47	19	2:47	4.00	18:12	4:32	2	2:47	19	2:47
Plessenburg	3.00	20:23	6:47	2	3:19	16	3:33	7.00	38:35	5:30	2	6:06	20	6:06
Abzweig rote Brü	3.00	14:46	4:55	2	2:19	20	2:19	10.00	53:21	5:20	2	8:25	20	8:25
Ilseburg/Markt	6.50	21:07	3:14	2	2:34	21	2:37	16.50	1:14:28	4:30	2	10:59	20	10:59