



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Bär, Mario

Club: Dessau
Number: 5

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:14:46

Speed: 13.24 km/h
Running performance: 4:32 min/km

Rank in course/Total: 21 (of 135)

Rank in course/Men: 21 (of 102)

Best time in course: 1:03:29

Rank in category: 2(of 12)

Best time in the category: 1:12:35

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	18:25	4:36	2	0:31	23	3:00	4.00	18:25	4:36	2	0:31	23	3:00
Plessenburg	3.00	20:33	6:51	2	1:00	18	3:43	7.00	38:58	5:34	2	1:31	21	6:29
Abzweig rote Brü	3.00	14:54	4:58	2	0:33	23	2:27	10.00	53:52	5:23	2	2:04	21	8:56
Ilseburg/Markt	6.50	20:54	3:12	2	0:07	19	2:24	16.50	1:14:46	4:31	2	2:11	21	11:17