



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Becker, Maik

Club: Goslar
Number: 9

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:15:16

Speed: 12.75 km/h
Running performance: 4:34 min/km

Rank in course/Total: 22 (of 135)

Rank in course/Men: 22 (of 102)

Best time in course: 1:03:29

Rank in category: 7(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	18:19	4:34	7	2:23	22	2:54	4.00	18:19	4:34	7	2:23	22	2:54
Plessenburg	3.00	21:04	7:01	7	4:14	24	4:14	7.00	39:23	5:37	7	6:37	22	6:54
Abzweig rote Brü	3.00	14:52	4:57	7	2:19	22	2:25	10.00	54:15	5:25	7	8:56	22	9:19
Ilseburg/Markt	6.50	21:01	3:14	7	2:15	20	2:31	16.50	1:15:16	4:33	7	11:11	22	11:47