



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Henselmann, Frank

Club: TuS Eintracht Bielefeld
Number: 53

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:16:11

Speed: 12.60 km/h
Running performance: 4:37 min/km

Rank in course/Total: 24 (of 135)

Rank in course/Men: 23 (of 102)

Best time in course: 1:03:29

Rank in category: 3(of 10)

Best time in the category: 1:11:36

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	18:59	4:44	4	1:26	26	3:34	4.00	18:59	4:44	4	1:26	26	3:34
Plessenburg	3.00	20:35	6:51	3	1:20	20	3:45	7.00	39:34	5:39	4	2:45	24	7:05
Abzweig rote Brü	3.00	14:48	4:56	3	0:44	21	2:21	10.00	54:22	5:26	3	3:29	23	9:26
Ilseburg/Markt	6.50	21:49	3:21	3	1:06	27	3:19	16.50	1:16:11	4:37	3	4:35	23	12:42