



40. Oster-Ilsetallauf

Ilseburg / 08.04.2023

Detailed evaluation

Meloni, Maurizio

Club: CROSSFIT WOLFSBURG

Number: 81

Course: 16.50 km

16,5 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:16:41

Speed: 12.52 km/h

Running performance: 4:39 min/km

Rank in course/Total: 25 (of 135)

Rank in course/Men: 24 (of 102)

Best time in course: 1:03:29

Rank in category: 4(of 15)

Best time in the category: 1:09:53

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	3	1:12	19	2:47	4.00	18:12	4:32	3	1:12	19	2:47	
Plessenburg	3.00	22:13	7:24	5	3:47	31	5:23	7.00	40:25	5:46	4	4:39	26	7:56	
Abzweig rote Brü	3.00	15:03	5:00	4	1:12	24	2:36	10.00	55:28	5:32	4	5:51	25	10:32	
Ilseburg/Markt	6.50	21:13	3:15	4	1:27	22	2:43	16.50	1:16:41	4:38	4	6:48	24	13:12	