



40. Oster-Ilsetallauf

Ilseburg / 08.04.2023

Detailed evaluation

Döppelheuer, Heiko

Club: Brockenlaufverein
Number: 33

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:17:01

Speed: 12.85 km/h
Running performance: 4:40 min/km

Rank in course/Total: 26 (of 135)

Rank in course/Men: 25 (of 102)

Best time in course: 1:03:29

Rank in category: 4(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 Tännatal	4.00	18:34	4:38	3	1:01	24	3:09	4.00	18:34	4:38	3	1:01	24	3:09	
Plessenburg	3.00	20:51	6:57	4	1:36	23	4:01	7.00	39:25	5:37	3	2:36	23	6:56	
Abzweig rote Brü	3.00	15:03	5:00	4	0:59	24	2:36	10.00	54:28	5:26	4	3:35	24	9:32	
Ilseburg/Markt	6.50	22:33	3:28	5	1:50	32	4:03	16.50	1:17:01	4:40	4	5:25	25	13:32	