



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Schneider, Björn

Club: FH Runners Berlin
Number: 111

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:17:54

Speed: 12.71 km/h
Running performance: 4:43 min/km

Rank in course/Total: 27 (of 135)

Rank in course/Men: 26 (of 102)

Best time in course: 1:03:29

Rank in category: 5(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	19:12	4:47	7	2:12	29	3:47	4.00	19:12	4:47	7	2:12	29	3:47
Plessenburg	3.00	21:45	7:15	4	3:19	29	4:55	7.00	40:57	5:51	5	5:11	28	8:28
Abzweig rote Brü	3.00	15:28	5:09	5	1:37	26	3:01	10.00	56:25	5:38	5	6:48	27	11:29
Ilseburg/Markt	6.50	21:29	3:18	5	1:43	23	2:59	16.50	1:17:54	4:43	5	8:01	26	14:25