



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Vala, Vlastimil

Club: Berlin
Number: 127

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:19:21

Speed: 12.48 km/h
Running performance: 4:49 min/km

Rank in course/Total: 29 (of 135)

Rank in course/Men: 28 (of 102)

Best time in course: 1:03:29

Rank in category: 8(of 15)

Best time in the category: 1:04:05

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Abzweig Tännental	4.00	18:47	4:41	8	2:51	25	3:22	4.00	18:47	4:41	8	2:51	25	3:22
Plessenburg	3.00	21:23	7:07	8	4:33	26	4:33	7.00	40:10	5:44	8	7:24	25	7:41
Abzweig rote Brü	3.00	16:13	5:24	9	3:40	34	3:46	10.00	56:23	5:38	8	11:04	26	11:27
Ilseburg/Markt	6.50	22:58	3:31	9	4:12	33	4:28	16.50	1:19:21	4:48	8	15:16	28	15:52