



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Unbehaun, Martin

Club: Wernigerode
Number: 126

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:19:43

Speed: 12.04 km/h
Running performance: 4:50 min/km

Rank in course/Total: 30 (of 135)

Rank in course/Men: 29 (of 102)

Best time in course: 1:03:29

Rank in category: 6(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 | 19:10 | 4:47 | 6 | 2:10 | 28 | 3:45 | 4.00 | 19:10 | 4:47 | 6 | 2:10 | 28 | 3:45 |
| Plessenburg | 3.00 | 22:27 | 7:29 | 6 | 4:01 | 33 | 5:37 | 7.00 | 41:37 | 5:56 | 7 | 5:51 | 31 | 9:08 |
| Abzweig rote Brü | 3.00 | 15:41 | 5:13 | 6 | 1:50 | 28 | 3:14 | 10.00 | 57:18 | 5:43 | 6 | 7:41 | 30 | 12:22 |
| Ilsenburg/Markt | 6.50 | 22:25 | 3:26 | 7 | 2:39 | 31 | 3:55 | 16.50 | 1:19:43 | 4:49 | 6 | 9:50 | 29 | 16:14 |