



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: 12.42 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 Tännatal	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