



# 40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

## Detailed evaluation

**Keune, Christian**

Club: SV Darlingerode/Drübeck  
Number: 148

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:21:43

Speed: 11.75 km/h  
Running performance: 4:57 min/km

Rank in course/Total: 32 (of 135)

Rank in course/Men: 31 (of 102)

Best time in course: 1:03:29

Rank in category: 7(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	19:00	4:45	5	2:00	27	3:35	4.00	19:00	4:45	5	2:00	27	3:35
Plessenburg	3.00	22:32	7:30	7	4:06	35	5:42	7.00	41:32	5:55	6	5:46	30	9:03
Abzweig rote Brü	3.00	16:33	5:30	8	2:42	38	4:06	10.00	58:05	5:48	7	8:28	31	13:09
Ilseburg/Markt	6.50	23:38	3:38	8	3:52	41	5:08	16.50	1:21:43	4:57	7	11:50	31	18:14