



40. Oster-Ilsetallauf

Ilseburg / 08.04.2023

Detailed evaluation

Borchert, Fred

Club: SV Langenstein
Number: 18

Course: 16.50 km
16,5 km - Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:22:03

Speed: 12.07 km/h

Running performance: 4:58 min/km

Rank in course/Total: 33 (of 135)

Rank in course/Men: 32 (of 102)

Best time in course: 1:03:29

Rank in category: 5(of 10)

Best time in the category: 1:11:36

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	21:20	5:19	5	3:47	42	5:55	4.00	21:20	5:19	5	3:47	42	5:55
Plessenburg	3.00	22:30	7:30	5	3:15	34	5:40	7.00	43:50	6:15	5	7:01	36	11:21
Abzweig rote Brü	3.00	16:00	5:19	5	1:56	31	3:33	10.00	59:50	5:59	5	8:57	36	14:54
Ilseburg/Markt	6.50	22:13	3:25	4	1:30	30	3:43	16.50	1:22:03	4:58	5	10:27	32	18:34