



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Mund, Sebastian

Club: Wernigerode
Number: 86

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:22:23

Speed: 11.65 km/h
Running performance: 4:59 min/km

Rank in course/Total: 35 (of 135)

Rank in course/Men: 34 (of 102)

Best time in course: 1:03:29

Rank in category: 8(of 15)

Best time in the category: 1:09:53

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	20:44	5:11	9	3:44	35	5:19	4.00	20:44	5:11	9	3:44	35	5:19
Plessenburg	3.00	23:07	7:42	9	4:41	41	6:17	7.00	43:51	6:15	8	8:05	37	11:22
Abzweig rote Brü	3.00	16:37	5:32	9	2:46	39	4:10	10.00	1:00:28	6:02	9	10:51	39	15:32
Ilisenburg/Markt	6.50	21:55	3:22	6	2:09	28	3:25	16.50	1:22:23	4:59	8	12:30	34	18:54