



40. Oster-Ilsetallauf

Ilsenburg / 08.04.2023

Detailed evaluation

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Club: Ilsenburg
Number: 65

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:22:34

Speed: 11.63 km/h
Running performance: 5:00 min/km

Rank in course/Total: 37 (of 135)

Rank in course/Men: 35 (of 102)

Best time in course: 1:03:29

Rank in category: 10(of 15)

Best time in the category: 1:04:05

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	20:40	5:10	9	4:44	34	5:15	4.00	20:40	5:10	9	4:44	34	5:15
Plessenburg	3.00	23:55	7:58	10	7:05	48	7:05	7.00	44:35	6:22	10	11:49	41	12:06
Abzweig rote Brü	3.00	16:15	5:25	10	3:42	35	3:48	10.00	1:00:50	6:05	10	15:31	41	15:54
Ilsenburg/Markt	6.50	21:44	3:20	8	2:58	26	3:14	16.50	1:22:34	5:00	10	18:29	35	19:05