



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Latting, Stephan

Club: Göttingen

Number: 147

Course: 16.50 km

16,5 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:22:36

Speed: 11.62 km/h

Running performance: 5:01 min/km

Rank in course/Total: 38 (of 135)

Rank in course/Men: 36 (of 102)

Best time in course: 1:03:29

Rank in category: 3(of 10)

Best time in the category: 1:03:29

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	21:15	5:18	3	5:50	41	5:50	4.00	21:15	5:18	3	5:50	41	5:50	
Plessenburg	3.00	21:39	7:12	3	4:35	28	4:49	7.00	42:54	6:07	3	10:25	33	10:25	
Abzweig rote Brü	3.00	16:44	5:34	3	4:17	40	4:17	10.00	59:38	5:57	3	14:42	33	14:42	
Ilisenburg/Markt	6.50	22:58	3:31	4	4:25	33	4:28	16.50	1:22:36	5:00	3	19:07	36	19:07	