



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 |
| Ilsenburg/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 |