



# 40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

## Detailed evaluation

### Baumgart, Lutz

Club: Brockenlaufverein  
Number: 8

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M65 (65-69 Jahre)

Total time: 1:23:00

Speed: 11.93 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 40 (of 135)

Rank in course/Men: 38 (of 102)

Best time in course: 1:03:29

Rank in category: 1(of 8)

Best time in the category: 1:23:00

### 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 Tännatal	4.00	20:20	5:04	1	-	32	4:55	4.00	20:20	5:04	1	-	32	4:55
Plessenburg	3.00	23:02	7:40	1	-	39	6:12	7.00	43:22	6:11	1	-	34	10:53
Abzweig rote Brü	3.00	16:32	5:30	1	-	37	4:05	10.00	59:54	5:59	1	-	37	14:58
Ilseburg/Markt	6.50	23:06	3:33	1	-	36	4:36	16.50	1:23:00	5:01	1	-	38	19:31