



# 40. Oster-Ilsetallauf

Ilseburg / 08.04.2023

## Detailed evaluation

**Michalik, Stefan**

Club: TSV Wittmar  
Number: 83

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 1:22:43

Speed: 11.97 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 39 (of 135)

Rank in course/Men: 37 (of 102)

Best time in course: 1:03:29

Rank in category: 2(of 14)

Best time in the category: 1:18:57

### 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	20:49	5:12	2	0:56	37	5:24	4.00	20:49	5:12	2	0:56	37	5:24	
Plessenburg	3.00	23:04	7:41	2	1:38	40	6:14	7.00	43:53	6:16	2	2:34	39	11:24	
Abzweig rote Brü	3.00	15:51	5:16	2	0:13	30	3:24	10.00	59:44	5:58	2	2:47	34	14:48	
Ilseburg/Markt	6.50	22:59	3:32	2	0:59	35	4:29	16.50	1:22:43	5:00	2	3:46	37	19:14	