



40. Oster-Ilsetalllauf

Ilsenburg / 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: 11.61 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	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	20:49	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
Ilsenburg/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