



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Ramli, Lee

Club: adidas Runners Hamburg
Number: 96

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:23:10

Speed: 11.90 km/h
Running performance: 5:02 min/km

Rank in course/Total: 41 (of 135)

Rank in course/Men: 39 (of 102)

Best time in course: 1:03:29

Rank in category: 4(of 8)

Best time in the category: 1:11:22

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	21:11	5:17	5	3:38	39	5:46	4.00	21:11	5:17	5	3:38	39	5:46	
Plessenburg	3.00	22:25	7:28	4	3:03	32	5:35	7.00	43:36	6:13	4	6:26	35	11:07	
Abzweig rote Brü	3.00	16:09	5:22	4	2:06	33	3:42	10.00	59:45	5:58	4	8:32	35	14:49	
Ilsenburg/Markt	6.50	23:25	3:36	4	3:28	39	4:55	16.50	1:23:10	5:02	4	11:48	39	19:41	