



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Pohl, Marian

Club: Nix tun kann Jeder
Number: 91

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:24:16

Speed: 11.75 km/h
Running performance: 5:07 min/km

Rank in course/Total: 43 (of 135)

Rank in course/Men: 40 (of 102)

Best time in course: 1:03:29

Rank in category: 9(of 15)

Best time in the category: 1:09:53

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	21:14	5:18	10	4:14	40	5:49	4.00	21:14	5:18	10	4:14	40	5:49
Plessenburg	3.00	22:37	7:32	8	4:11	36	5:47	7.00	43:51	6:15	8	8:05	37	11:22
Abzweig rote Brü	3.00	16:19	5:26	7	2:28	36	3:52	10.00	1:00:10	6:00	8	10:33	38	15:14
Ilseburg/Markt	6.50	24:06	3:42	9	4:20	44	5:36	16.50	1:24:16	5:06	9	14:23	40	20:47