



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Pohl, Thomas

Club: Huy-Läufer
Number: 93

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:25:01

Speed: 11.64 km/h
Running performance: 5:09 min/km

Rank in course/Total: 44 (of 135)

Rank in course/Men: 41 (of 102)

Best time in course: 1:03:29

Rank in category: 5(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	21:10	5:17	4	3:37	38	5:45	4.00	21:10	5:17	4	3:37	38	5:45
Plessenburg	3.00	22:52	7:37	5	3:30	38	6:02	7.00	44:02	6:17	5	6:52	40	11:33
Abzweig rote Brü	3.00	16:47	5:35	5	2:44	41	4:20	10.00	1:00:49	6:04	5	9:36	40	15:53
Ilsenburg/Markt	6.50	24:12	3:43	6	4:15	46	5:42	16.50	1:25:01	5:09	5	13:39	41	21:32