



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Schäfer, Detlef

Club: Gaensefurther-Sportbewegung
Number: 104

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:25:41

Speed: 11.55 km/h
Running performance: 5:11 min/km

Rank in course/Total: 45 (of 135)

Rank in course/Men: 42 (of 102)

Best time in course: 1:03:29

Rank in category: 3(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	21:38	5:24	5	1:45	45	6:13	4.00	21:38	5:24	5	1:45	45	6:13
Plessenburg	3.00	23:07	7:42	3	1:41	41	6:17	7.00	44:45	6:23	3	3:26	42	12:16
Abzweig rote Brü	3.00	16:57	5:38	3	1:19	43	4:30	10.00	1:01:42	6:10	3	4:45	42	16:46
Ilseburg/Markt	6.50	23:59	3:41	3	1:59	43	5:29	16.50	1:25:41	5:11	3	6:44	42	22:12