



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Herden, Rene

Club: TV Hessisch Lichtenau
Number: 55

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:26:17

Speed: 11.47 km/h
Running performance: 5:14 min/km

Rank in course/Total: 46 (of 135)

Rank in course/Men: 43 (of 102)

Best time in course: 1:03:29

Rank in category: 6(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	21:42	5:25	7	4:09	47	6:17	4.00	21:42	5:25	7	4:09	47	6:17
Plessenburg	3.00	24:00	8:00	7	4:38	50	7:10	7.00	45:42	6:31	7	8:32	48	13:13
Abzweig rote Brü	3.00	17:07	5:42	6	3:04	44	4:40	10.00	1:02:49	6:16	6	11:36	44	17:53
Ilsenburg/Markt	6.50	23:28	3:36	5	3:31	40	4:58	16.50	1:26:17	5:13	6	14:55	43	22:48