



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Bressel, Max

Club: Harzer Wölfe
Number: 23

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:26:21

Speed: 11.46 km/h
Running performance: 5:14 min/km

Rank in course/Total: 47 (of 135)

Rank in course/Men: 44 (of 102)

Best time in course: 1:03:29

Rank in category: 4(of 10)

Best time in the category: 1:03:29

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 Tännatal	4.00	23:35	5:53	6	8:10	71	8:10	4.00	23:35	5:53	6	8:10	71	8:10
Plessenburg	3.00	23:59	7:59	5	6:55	49	7:09	7.00	47:34	6:47	6	15:05	58	15:05
Abzweig rote Brü	3.00	17:09	5:42	4	4:42	45	4:42	10.00	1:04:43	6:28	5	19:47	52	19:47
Ilsenburg/Markt	6.50	21:38	3:19	3	3:05	25	3:08	16.50	1:26:21	5:14	4	22:52	44	22:52