



# 40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

## Detailed evaluation

**Gast, Andreas**

Club: Liebenburg  
Number: 44

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:26:41

Speed: 11.42 km/h  
Running performance: 5:15 min/km

Rank in course/Total: 49 (of 135)

Rank in course/Men: 46 (of 102)

Best time in course: 1:03:29

Rank in category: 6(of 10)

Best time in the category: 1:11:36

### 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	22:20	5:34	6	4:47	53	6:55	4.00	22:20	5:34	6	4:47	53	6:55
Plessenburg	3.00	24:11	8:03	7	4:56	52	7:21	7.00	46:31	6:38	7	9:42	50	14:02
Abzweig rote Brü	3.00	16:49	5:36	6	2:45	42	4:22	10.00	1:03:20	6:20	6	12:27	47	18:24
Ilseburg/Markt	6.50	23:21	3:35	6	2:38	38	4:51	16.50	1:26:41	5:15	6	15:05	46	23:12