



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Thomas, Bernd

Club: MSV Eintracht Halberstadt
Number: 125

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:27:53

Speed: 11.26 km/h
Running performance: 5:20 min/km

Rank in course/Total: 52 (of 135)

Rank in course/Men: 48 (of 102)

Best time in course: 1:03:29

Rank in category: 4(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.	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	21:26	5:21	3	1:33	43	6:01	4.00	21:26	5:21	3	1:33	43	6:01
Plessenburg	3.00	23:46	7:55	4	2:20	45	6:56	7.00	45:12	6:27	4	3:53	44	12:43
Abzweig rote Brü	3.00	17:37	5:52	4	1:59	49	5:10	10.00	1:02:49	6:16	4	5:52	44	17:53
Ilseburg/Markt	6.50	25:04	3:51	4	3:04	51	6:34	16.50	1:27:53	5:19	4	8:56	48	24:24