



40. Oster-Ilsetallauf

Ilsenburg / 08.04.2023

Detailed evaluation

Reuter, Andre

Club: VfL 28 Ellrich
Number: 98

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:28:40

Speed: 10.83 km/h
Running performance: 5:22 min/km

Rank in course/Total: 53 (of 135)

Rank in course/Men: 49 (of 102)

Best time in course: 1:03:29

Rank in category: 7(of 8)

Best time in the category: 1:11:22

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Abzweig Tännatal	4.00	21:41	5:25	6	4:08	46	6:16	4.00	21:41	5:25	6	4:08	46	6:16
Plessenburg	3.00	23:50	7:56	6	4:28	46	7:00	7.00	45:31	6:30	6	8:21	46	13:02
Abzweig rote Brü	3.00	17:58	5:59	7	3:55	55	5:31	10.00	1:03:29	6:20	7	12:16	48	18:33
Ilsenburg/Markt	6.50	25:11	3:52	7	5:14	54	6:41	16.50	1:28:40	5:22	7	17:18	49	25:11