



# 40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

## Detailed evaluation

**Schlangen, Thomas**

Club: LT MG-Volksgarten  
Number: 107

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 1:29:15

Speed: 10.76 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 55 (of 135)

Rank in course/Men: 50 (of 102)

Best time in course: 1:03:29

Rank in category: 5(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	21:31	5:22	4	1:38	44	6:06	4.00	21:31	5:22	4	1:38	44	6:06
Plessenburg	3.00	25:00	8:20	6	3:34	58	8:10	7.00	46:31	6:38	5	5:12	50	14:02
Abzweig rote Brü	3.00	17:38	5:52	5	2:00	50	5:11	10.00	1:04:09	6:24	5	7:12	49	19:13
Ilseburg/Markt	6.50	25:06	3:51	5	3:06	52	6:36	16.50	1:29:15	5:24	5	10:18	50	25:46