



# 40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

## Detailed evaluation

Otte, Gideon

Club: Goslar  
Number: 88

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:29:20

Speed: 10.75 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 56 (of 135)

Rank in course/Men: 51 (of 102)

Best time in course: 1:03:29

Rank in category: 10(of 15)

Best time in the category: 1:09:53

### 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 Tännental	4.00	20:39	5:09	8	3:39	33	5:14	4.00	20:39	5:09	8	3:39	33	5:14
Plessenburg	3.00	24:56	8:18	10	6:30	57	8:06	7.00	45:35	6:30	10	9:49	47	13:06
Abzweig rote Brü	3.00	18:44	6:14	11	4:53	62	6:17	10.00	1:04:19	6:25	10	14:42	51	19:23
Ilsenburg/Markt	6.50	25:01	3:50	10	5:15	50	6:31	16.50	1:29:20	5:24	10	19:27	51	25:51