



40. Oster-Ilsetallauf

Ilseburg / 08.04.2023

Detailed evaluation

Mengewein, Lutz

Club: LAV Halensia e.V.
Number: 82

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 1:29:39

Speed: 11.04 km/h
Running performance: 5:26 min/km

Rank in course/Total: 58 (of 135)

Rank in course/Men: 52 (of 102)

Best time in course: 1:03:29

Rank in category: 1(of 2)

Best time in the category: 1:29:39

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	22:59	5:44	2	0:22	66	7:34	4.00	22:59	5:44	2	0:22	66	7:34
Plessenburg	3.00	23:52	7:57	1	-	47	7:02	7.00	46:51	6:41	1	-	52	14:22
Abzweig rote Brü	3.00	17:22	5:47	1	-	47	4:55	10.00	1:04:13	6:25	1	-	50	19:17
Ilseburg/Markt	6.50	25:26	3:54	1	-	57	6:56	16.50	1:29:39	5:26	1	-	52	26:10