



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Meier, Dirk

Club: Gaensefurther Sportbewegung
Number: 80

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:30:12

Speed: 10.98 km/h
Running performance: 5:28 min/km

Rank in course/Total: 59 (of 135)

Rank in course/Men: 53 (of 102)

Best time in course: 1:03:29

Rank in category: 7(of 10)

Best time in the category: 1:11:36

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	22:56	5:44	9	5:23	64	7:31	4.00	22:56	5:44	9	5:23	64	7:31
Plessenburg	3.00	23:17	7:45	6	4:02	43	6:27	7.00	46:13	6:36	6	9:24	49	13:44
Abzweig rote Brü	3.00	19:11	6:23	8	5:07	67	6:44	10.00	1:05:24	6:32	7	14:31	54	20:28
Ilseburg/Markt	6.50	24:48	3:48	7	4:05	48	6:18	16.50	1:30:12	5:28	7	18:36	53	26:43