



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: 10.64 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 |