



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Kastning, Jonas

Club: Clausthal-Zellerfeld
Number: 67

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:30:36

Speed: 10.60 km/h
Running performance: 5:29 min/km

Rank in course/Total: 60 (of 135)

Rank in course/Men: 54 (of 102)

Best time in course: 1:03:29

Rank in category: 6(of 10)

Best time in the category: 1:03:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Abzweig Tännental	4.00	22:45	5:41	5	7:20	60	7:20	4.00	22:45	5:41	5	7:20	60	7:20
Plessenburg	3.00	24:46	8:15	6	7:42	56	7:56	7.00	47:31	6:47	5	15:02	57	15:02
Abzweig rote Brü	3.00	17:53	5:57	6	5:26	53	5:26	10.00	1:05:24	6:32	6	20:28	54	20:28
Ilsenburg/Markt	6.50	25:12	3:52	6	6:39	55	6:42	16.50	1:30:36	5:29	6	27:07	54	27:07