



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Bartel, Maximilian

Club: Alfeld (Leine)

Number: 6

Course: 16.50 km

16,5 km - Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:30:36

Speed: 10.60 km/h

Running performance: 5:29 min/km

Rank in course/Total: 61 (of 135)

Rank in course/Men: 54 (of 102)

Best time in course: 1:03:29

Rank in category: 11(of 15)

Best time in the category: 1:04:05

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	13	7:03	66	7:34	4.00	22:59	5:44	13	7:03	66	7:34
Plessenburg	3.00	24:08	8:02	11	7:18	51	7:18	7.00	47:07	6:43	11	14:21	54	14:38
Abzweig rote Brü	3.00	18:04	6:01	11	5:31	57	5:37	10.00	1:05:11	6:31	11	19:52	53	20:15
Ilisenburg/Markt	6.50	25:25	3:54	11	6:39	56	6:55	16.50	1:30:36	5:29	11	26:31	54	27:07