



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Bethke, Jörn

Club: Brockenlaufverein
Number: 13

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:31:04

Speed: 10.87 km/h
Running performance: 5:31 min/km

Rank in course/Total: 63 (of 135)

Rank in course/Men: 56 (of 102)

Best time in course: 1:03:29

Rank in category: 4(of 12)

Best time in the category: 1:12:35

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Abzweig Tännatal	4.00	22:45	5:41	6	4:51	60	7:20	4.00	22:45	5:41	6	4:51	60	7:20
Plessenburg	3.00	25:37	8:32	5	6:04	62	8:47	7.00	48:22	6:54	5	10:55	64	15:53
Abzweig rote Brü	3.00	17:50	5:56	4	3:29	52	5:23	10.00	1:06:12	6:37	5	14:24	61	21:16
Ilseburg/Markt	6.50	24:52	3:49	4	4:05	49	6:22	16.50	1:31:04	5:31	4	18:29	56	27:35