



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Sternberg, Ulf

Club: HGL Wernigerode
Number: 123

Course: 16.50 km
16,5 km - Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:31:35

Speed: 10.48 km/h

Running performance: 5:33 min/km

Rank in course/Total: 64 (of 135)

Rank in course/Men: 57 (of 102)

Best time in course: 1:03:29

Rank in category: 6(of 14)

Best time in the category: 1:18:57

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 Tännatal | 4.00 | 24:09 | 6:02 | 8 | 4:16 | 77 | 8:44 | 4.00 | 24:09 | 6:02 | 8 | 4:16 | 77 | 8:44 |
| Plessenburg | 3.00 | 24:34 | 8:11 | 5 | 3:08 | 55 | 7:44 | 7.00 | 48:43 | 6:57 | 6 | 7:24 | 66 | 16:14 |
| Abzweig rote Brü | 3.00 | 17:44 | 5:54 | 6 | 2:06 | 51 | 5:17 | 10.00 | 1:06:27 | 6:38 | 6 | 9:30 | 62 | 21:31 |
| Ilseburg/Markt | 6.50 | 25:08 | 3:52 | 6 | 3:08 | 53 | 6:38 | 16.50 | 1:31:35 | 5:33 | 6 | 12:38 | 57 | 28:06 |