



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: 10.81 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