



40. Oster-Ilsetallauf

Ilseburg / 08.04.2023

Detailed evaluation

Kuthe-Schulz, Birger

Club: FSV GW ILSENBURG AH
Number: 77

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:31:46

Speed: 10.46 km/h
Running performance: 5:34 min/km

Rank in course/Total: 66 (of 135)

Rank in course/Men: 58 (of 102)

Best time in course: 1:03:29

Rank in category: 5(of 12)

Best time in the category: 1:12:35

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	22:43	5:40	5	4:49	59	7:18	4.00	22:43	5:40	5	4:49	59	7:18
Plessenburg	3.00	25:14	8:24	4	5:41	61	8:24	7.00	47:57	6:51	4	10:30	61	15:28
Abzweig rote Brü	3.00	17:57	5:59	5	3:36	54	5:30	10.00	1:05:54	6:35	4	14:06	59	20:58
Ilseburg/Markt	6.50	25:52	3:58	5	5:05	61	7:22	16.50	1:31:46	5:33	5	19:11	58	28:17