



40. Oster-Ilsetalllauf

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: 10.79 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 |