



40. Oster-Ilsetalllauf
Ilseburg / 08.04.2023

Detailed evaluation

Sebastian, Döhnert

Club: Tauchsportclub Halberstadt
Number: 118

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:32:09

Speed: 10.74 km/h
Running performance: 5:35 min/km

Rank in course/Total: 69 (of 135)

Rank in course/Men: 60 (of 102)

Best time in course: 1:03:29

Rank in category: 12(of 15)

Best time in the category: 1:04:05

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	22:53	5:43	12	6:57	63	7:28	4.00	22:53	5:43	12	6:57	63	7:28
Plessenburg	3.00	24:21	8:07	12	7:31	53	7:31	7.00	47:14	6:44	12	14:28	55	14:45
Abzweig rote Brü	3.00	18:17	6:05	12	5:44	58	5:50	10.00	1:05:31	6:33	12	20:12	57	20:35
Ilseburg/Markt	6.50	26:38	4:05	13	7:52	70	8:08	16.50	1:32:09	5:35	12	28:04	60	28:40