



40. Oster-Ilsetallauf
Ilseburg / 08.04.2023

Detailed evaluation

Nagels, Stefan

Club: Bad Harzburg
Number: 87

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:33:19

Speed: 10.61 km/h
Running performance: 5:40 min/km

Rank in course/Total: 75 (of 135)

Rank in course/Men: 63 (of 102)

Best time in course: 1:03:29

Rank in category: 12(of 15)

Best time in the category: 1:09:53

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	21:53	5:28	12	4:53	51	6:28	4.00	21:53	5:28	12	4:53	51	6:28
Plessenburg	3.00	26:26	8:48	12	8:00	71	9:36	7.00	48:19	6:54	12	12:33	63	15:50
Abzweig rote Brü	3.00	19:00	6:19	12	5:09	65	6:33	10.00	1:07:19	6:43	12	17:42	64	22:23
Ilseburg/Markt	6.50	26:00	4:00	12	6:14	64	7:30	16.50	1:33:19	5:39	12	23:26	63	29:50