



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Balzer, Frank

Club: Ammelsheim
Number: 139

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 1:33:25

Speed: 10.60 km/h
Running performance: 5:40 min/km

Rank in course/Total: 76 (of 135)

Rank in course/Men: 64 (of 102)

Best time in course: 1:03:29

Rank in category: 2(of 8)

Best time in the category: 1:23:00

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	21:49	5:27	2	1:29	49	6:24	4.00	21:49	5:27	2	1:29	49	6:24
Plessenburg	3.00	26:06	8:42	2	3:04	65	9:16	7.00	47:55	6:50	2	4:33	60	15:26
Abzweig rote Brü	3.00	19:00	6:19	3	2:28	65	6:33	10.00	1:06:55	6:41	2	7:01	63	21:59
Ilseburg/Markt	6.50	26:30	4:04	5	3:24	68	8:00	16.50	1:33:25	5:39	2	10:25	64	29:56