



# 40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

## Detailed evaluation

**Rochau, Lothar**

Club: LAV Halensia  
Number: 101

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 1:33:48

Speed: 10.55 km/h  
Running performance: 5:41 min/km

Rank in course/Total: 78 (of 135)

Rank in course/Men: 65 (of 102)

Best time in course: 1:03:29

Rank in category: 2(of 2)

Best time in the category: 1:29:39

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	22:37	5:39	1	-	58	7:12	4.00	22:37	5:39	1	-	58	7:12
Plessenburg	3.00	26:24	8:47	2	2:32	69	9:34	7.00	49:01	7:00	2	2:10	68	16:32
Abzweig rote Brü	3.00	18:49	6:16	2	1:27	63	6:22	10.00	1:07:50	6:46	2	3:37	65	22:54
Ilseburg/Markt	6.50	25:58	3:59	2	0:32	62	7:28	16.50	1:33:48	5:41	2	4:09	65	30:19