



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Giersemehl, Udo

Club: Continental Reifen Deutschland GmbH
Number: 47

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:33:56

Speed: 10.22 km/h
Running performance: 5:41 min/km

Rank in course/Total: 79 (of 135)

Rank in course/Men: 66 (of 102)

Best time in course: 1:03:29

Rank in category: 7(of 14)

Best time in the category: 1:18:57

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 | 23:03 | 5:45 | 6 | 3:10 | 69 | 7:38 | 4.00 | 23:03 | 5:45 | 6 | 3:10 | 69 | 7:38 |
| Plessenburg | 3.00 | 26:17 | 8:45 | 7 | 4:51 | 66 | 9:27 | 7.00 | 49:20 | 7:02 | 7 | 8:01 | 69 | 16:51 |
| Abzweig rote Brü | 3.00 | 18:51 | 6:17 | 7 | 3:13 | 64 | 6:24 | 10.00 | 1:08:11 | 6:49 | 7 | 11:14 | 68 | 23:15 |
| Ilseburg/Markt | 6.50 | 25:45 | 3:57 | 7 | 3:45 | 59 | 7:15 | 16.50 | 1:33:56 | 5:41 | 7 | 14:59 | 66 | 30:27 |