



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: 10.54 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