



40. Oster-Ilsetallauf

Ilseburg / 08.04.2023

Detailed evaluation

Richter, Michael

Club: LC BlueLiner

Number: 99

Course: 16.50 km

16,5 km - Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 1:34:00

Speed: 10.53 km/h

Running performance: 5:42 min/km

Rank in course/Total: 80 (of 135)

Rank in course/Men: 67 (of 102)

Best time in course: 1:03:29

Rank in category: 3(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.	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	22:30	5:37	3	2:10	55	7:05	4.00	22:30	5:37	3	2:10	55	7:05
Plessenburg	3.00	27:05	9:01	4	4:03	76	10:15	7.00	49:35	7:05	3	6:13	70	17:06
Abzweig rote Brü	3.00	18:21	6:07	2	1:49	60	5:54	10.00	1:07:56	6:47	3	8:02	66	23:00
Ilseburg/Markt	6.50	26:04	4:00	3	2:58	65	7:34	16.50	1:34:00	5:41	3	11:00	67	30:31