



# 40. Oster-Ilsetallauf

Ilseburg / 08.04.2023

## Detailed evaluation

**Seeliger, Jan**

Club: Schachdorf Ströbeck  
Number: 120

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:34:19

Speed: 10.50 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 81 (of 135)

Rank in course/Men: 68 (of 102)

Best time in course: 1:03:29

Rank in category: 9(of 10)

Best time in the category: 1:11:36

### 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	22:34	5:38	8	5:01	56	7:09	4.00	22:34	5:38	8	5:01	56	7:09
Plessenburg	3.00	25:11	8:23	8	5:56	59	8:21	7.00	47:45	6:49	8	10:56	59	15:16
Abzweig rote Brü	3.00	20:20	6:46	9	6:16	78	7:53	10.00	1:08:05	6:48	9	17:12	67	23:09
Ilseburg/Markt	6.50	26:14	4:02	9	5:31	66	7:44	16.50	1:34:19	5:42	9	22:43	68	30:50