



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Pardeike, Wolfgang

Club: Emersleben
Number: 146

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 1:36:22

Speed: 9.96 km/h
Running performance: 5:50 min/km

Rank in course/Total: 84 (of 135)

Rank in course/Men: 69 (of 102)

Best time in course: 1:03:29

Rank in category: 4(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännatal	4.00	23:35	5:53	4	3:15	71	8:10	4.00	23:35	5:53	4	3:15	71	8:10
Plessenburg	3.00	26:28	8:49	3	3:26	72	9:38	7.00	50:03	7:08	4	6:41	74	17:34
Abzweig rote Brü	3.00	19:51	6:37	5	3:19	73	7:24	10.00	1:09:54	6:59	4	10:00	73	24:58
Ilseburg/Markt	6.50	26:28	4:04	4	3:22	67	7:58	16.50	1:36:22	5:50	4	13:22	69	32:53