



40. Oster-Ilsetalllauf
Ilseburg / 08.04.2023

Detailed evaluation

Krause, Maximilian

Club: Harzer Wölfe
Number: 76

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:36:36

Speed: 10.25 km/h
Running performance: 5:51 min/km

Rank in course/Total: 86 (of 135)

Rank in course/Men: 71 (of 102)

Best time in course: 1:03:29

Rank in category: 8(of 10)

Best time in the category: 1:03:29

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	23:43	5:55	7	8:18	73	8:18	4.00	23:43	5:55	7	8:18	73	8:18
Plessenburg	3.00	26:19	8:46	7	9:15	67	9:29	7.00	50:02	7:08	7	17:33	72	17:33
Abzweig rote Brü	3.00	19:37	6:32	7	7:10	70	7:10	10.00	1:09:39	6:57	7	24:43	71	24:43
Ilseburg/Markt	6.50	26:57	4:08	8	8:24	73	8:27	16.50	1:36:36	5:51	8	33:07	71	33:07