



# 40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

## Detailed evaluation

**Jackisch, Rudolf**

Club: SV Lok Blankenburg 1949 e.V.  
Number: 63

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:37:28

Speed: 10.16 km/h  
Running performance: 5:55 min/km

Rank in course/Total: 89 (of 135)

Rank in course/Men: 72 (of 102)

Best time in course: 1:03:29

Rank in category: 6(of 12)

Best time in the category: 1:12:35

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Abzweig Tännental	4.00	22:35	5:38	4	4:41	57	7:10	4.00	22:35	5:38	4	4:41	57	7:10
Plessenburg	3.00	26:25	8:48	7	6:52	70	9:35	7.00	49:00	7:00	7	11:33	67	16:31
Abzweig rote Brü	3.00	20:02	6:40	6	5:41	76	7:35	10.00	1:09:02	6:54	6	17:14	69	24:06
Ilseburg/Markt	6.50	28:26	4:22	8	7:39	81	9:56	16.50	1:37:28	5:54	6	24:53	72	33:59