



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Weber, Marian

Club: Bad Harzburg
Number: 133

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:37:30

Speed: 9.85 km/h
Running performance: 5:55 min/km

Rank in course/Total: 90 (of 135)

Rank in course/Men: 73 (of 102)

Best time in course: 1:03:29

Rank in category: 7(of 12)

Best time in the category: 1:12:35

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 Tännental	4.00	23:01	5:45	7	5:07	68	7:36	4.00	23:01	5:45	7	5:07	68	7:36
Plessenburg	3.00	25:41	8:33	6	6:08	63	8:51	7.00	48:42	6:57	6	11:15	65	16:13
Abzweig rote Brü	3.00	20:26	6:48	7	6:05	79	7:59	10.00	1:09:08	6:54	7	17:20	70	24:12
Ilseburg/Markt	6.50	28:22	4:21	7	7:35	80	9:52	16.50	1:37:30	5:54	7	24:55	73	34:01