



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Rosner, Ingo

Club: Open Sports Hamburg
Number: 103

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 1:38:45

Speed: 10.03 km/h
Running performance: 5:59 min/km

Rank in course/Total: 92 (of 135)

Rank in course/Men: 75 (of 102)

Best time in course: 1:03:29

Rank in category: 5(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.	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	25:05	6:16	5	4:45	85	9:40	4.00	25:05	6:16	5	4:45	85	9:40
Plessenburg	3.00	28:40	9:33	5	5:38	84	11:50	7.00	53:45	7:40	5	10:23	84	21:16
Abzweig rote Brü	3.00	19:12	6:23	4	2:40	68	6:45	10.00	1:12:57	7:17	5	13:03	81	28:01
Ilseburg/Markt	6.50	25:48	3:58	2	2:42	60	7:18	16.50	1:38:45	5:59	5	15:45	75	35:16