



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Elsner, Philipp

Club: HGL

Number: 38

Course: 16.50 km

16,5 km - Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:39:36

Speed: 9.64 km/h

Running performance: 6:02 min/km

Rank in course/Total: 94 (of 135)

Rank in course/Men: 76 (of 102)

Best time in course: 1:03:29

Rank in category: 14(of 15)

Best time in the category: 1:04:05

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	23:13	5:48	14	7:17	70	7:48	4.00	23:13	5:48	14	7:17	70	7:48
Plessenburg	3.00	27:31	9:10	14	10:41	78	10:41	7.00	50:44	7:14	14	17:58	75	18:15
Abzweig rote Brü	3.00	19:56	6:38	14	7:23	74	7:29	10.00	1:10:40	7:04	14	25:21	75	25:44
Ilseburg/Markt	6.50	28:56	4:27	15	10:10	83	10:26	16.50	1:39:36	6:02	14	35:31	76	36:07