



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Louda, Raainer

Club: badeborn
Number: 143

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:39:54

Speed: 9.91 km/h
Running performance: 6:03 min/km

Rank in course/Total: 95 (of 135)

Rank in course/Men: 78 (of 102)

Best time in course: 1:03:29

Rank in category: 8(of 14)

Best time in the category: 1:18:57

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	24:03	6:00	7	4:10	76	8:38	4.00	24:03	6:00	7	4:10	76	8:38
Plessenburg	3.00	27:03	9:01	8	5:37	75	10:13	7.00	51:06	7:17	8	9:47	76	18:37
Abzweig rote Brü	3.00	20:38	6:52	9	5:00	81	8:11	10.00	1:11:44	7:10	8	14:47	76	26:48
Ilseburg/Markt	6.50	28:10	4:20	9	6:10	79	9:40	16.50	1:39:54	6:03	8	20:57	78	36:25