



# 40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

## Detailed evaluation

Schälicke, Udo

Club: Seddiner See  
Number: 105

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 1:40:08

Speed: 9.89 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 96 (of 135)

Rank in course/Men: 79 (of 102)

Best time in course: 1:03:29

Rank in category: 9(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.	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	24:27	6:06	9	4:34	80	9:02	4.00	24:27	6:06	9	4:34	80	9:02
Plessenburg	3.00	28:25	9:28	11	6:59	83	11:35	7.00	52:52	7:33	9	11:33	81	20:23
Abzweig rote Brü	3.00	19:33	6:30	8	3:55	69	7:06	10.00	1:12:25	7:14	9	15:28	78	27:29
Ilsenburg/Markt	6.50	27:43	4:15	8	5:43	76	9:13	16.50	1:40:08	6:04	9	21:11	79	36:39