



40. Oster-Ilsetallauf

Ilseburg / 08.04.2023

Detailed evaluation

Bockmann, Claus

Club: Bokitown Runner
Number: 17

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:40:09

Speed: 9.59 km/h
Running performance: 6:04 min/km

Rank in course/Total: 97 (of 135)

Rank in course/Men: 80 (of 102)

Best time in course: 1:03:29

Rank in category: 8(of 8)

Best time in the category: 1:11:22

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	22:57	5:44	8	5:24	65	7:32	4.00	22:57	5:44	8	5:24	65	7:32
Plessenburg	3.00	26:55	8:58	8	7:33	73	10:05	7.00	49:52	7:07	8	12:42	71	17:23
Abzweig rote Brü	3.00	20:19	6:46	8	6:16	77	7:52	10.00	1:10:11	7:01	8	18:58	74	25:15
Ilseburg/Markt	6.50	29:58	4:36	8	10:01	86	11:28	16.50	1:40:09	6:04	8	28:47	80	36:40