



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Kohlbaum, Danny

Club: ARTIVA Sports
Number: 73

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:40:12

Speed: 9.58 km/h
Running performance: 6:04 min/km

Rank in course/Total: 98 (of 135)

Rank in course/Men: 81 (of 102)

Best time in course: 1:03:29

Rank in category: 14(of 15)

Best time in the category: 1:09:53

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Abzweig Tännental	4.00	24:40	6:10	14	7:40	81	9:15	4.00	24:40	6:10	14	7:40	81	9:15
Plessenburg	3.00	28:07	9:22	14	9:41	82	11:17	7.00	52:47	7:32	14	17:01	80	20:18
Abzweig rote Brü	3.00	19:47	6:35	13	5:56	72	7:20	10.00	1:12:34	7:15	13	22:57	79	27:38
Ilseburg/Markt	6.50	27:38	4:15	14	7:52	75	9:08	16.50	1:40:12	6:04	14	30:19	81	36:43