



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Becker, Stefan

Club: TSV 1900 Königshütte
Number: 11

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:41:58

Speed: 9.41 km/h
Running performance: 6:11 min/km

Rank in course/Total: 100 (of 135)

Rank in course/Men: 82 (of 102)

Best time in course: 1:03:29

Rank in category: 15(of 15)

Best time in the category: 1:09:53

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	25:04	6:15	15	8:04	84	9:39	4.00	25:04	6:15	15	8:04	84	9:39
Plessenburg	3.00	27:41	9:13	13	9:15	79	10:51	7.00	52:45	7:32	13	16:59	79	20:16
Abzweig rote Brü	3.00	20:27	6:48	15	6:36	80	8:00	10.00	1:13:12	7:19	15	23:35	83	28:16
Ilseburg/Markt	6.50	28:46	4:25	15	9:00	82	10:16	16.50	1:41:58	6:10	15	32:05	82	38:29