



# 40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

## Detailed evaluation

### Schmidt, Carsten

Club: Reppenstedt  
Number: 109

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:42:44

Speed: 9.64 km/h  
Running performance: 6:14 min/km

Rank in course/Total: 101 (of 135)

Rank in course/Men: 83 (of 102)

Best time in course: 1:03:29

Rank in category: 8(of 12)

Best time in the category: 1:12:35

### 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	24:44	6:11	8	6:50	82	9:19	4.00	24:44	6:11	8	6:50	82	9:19
Plessenburg	3.00	27:41	9:13	8	8:08	79	10:51	7.00	52:25	7:29	8	14:58	78	19:56
Abzweig rote Brü	3.00	20:38	6:52	8	6:17	81	8:11	10.00	1:13:03	7:18	8	21:15	82	28:07
Ilseburg/Markt	6.50	29:41	4:33	9	8:54	84	11:11	16.50	1:42:44	6:13	8	30:09	83	39:15