



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Grof, Marco

Club: FH Runners Berlin
Number: 48

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:45:50

Speed: 9.07 km/h
Running performance: 6:25 min/km

Rank in course/Total: 106 (of 135)

Rank in course/Men: 85 (of 102)

Best time in course: 1:03:29

Rank in category: 9(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	27:04	6:46	9	9:10	96	11:39	4.00	27:04	6:46	9	9:10	96	11:39
Plessenburg	3.00	29:23	9:47	9	9:50	89	12:33	7.00	56:27	8:03	9	19:00	93	23:58
Abzweig rote Brü	3.00	21:21	7:07	9	7:00	87	8:54	10.00	1:17:48	7:46	9	26:00	92	32:52
Ilseburg/Markt	6.50	28:02	4:18	6	7:15	78	9:32	16.50	1:45:50	6:24	9	33:15	85	42:21