



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: 9.35 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 |