



# 40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

## Detailed evaluation

Schmidt, Jack-Andre

Club: Gießen  
Number: 110

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:46:27

Speed: 9.02 km/h  
Running performance: 6:27 min/km

Rank in course/Total: 108 (of 135)

Rank in course/Men: 86 (of 102)

Best time in course: 1:03:29

Rank in category: 9(of 10)

Best time in the category: 1:03:29

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	25:02	6:15	9	9:37	83	9:37	4.00	25:02	6:15	9	9:37	83	9:37
Plessenburg	3.00	29:21	9:46	9	12:17	88	12:31	7.00	54:23	7:46	9	21:54	85	21:54
Abzweig rote Brü	3.00	21:11	7:03	9	8:44	86	8:44	10.00	1:15:34	7:33	9	30:38	85	30:38
Ilseburg/Markt	6.50	30:53	4:45	9	12:20	91	12:23	16.50	1:46:27	6:27	9	42:58	86	42:58