



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Dietz, Ralph

Club: DUV

Number: 32

Course: 16.50 km

16,5 km - Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:46:39

Speed: 9.28 km/h

Running performance: 6:28 min/km

Rank in course/Total: 109 (of 135)

Rank in course/Men: 87 (of 102)

Best time in course: 1:03:29

Rank in category: 10(of 14)

Best time in the category: 1:18:57

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	26:09	6:32	11	6:16	88	10:44	4.00	26:09	6:32	11	6:16	88	10:44
Plessenburg	3.00	27:21	9:07	9	5:55	77	10:31	7.00	53:30	7:38	10	12:11	83	21:01
Abzweig rote Brü	3.00	20:53	6:57	11	5:15	84	8:26	10.00	1:14:23	7:26	10	17:26	84	29:27
Ilsenburg/Markt	6.50	32:16	4:57	14	10:16	99	13:46	16.50	1:46:39	6:27	10	27:42	87	43:10