



# 40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

## Detailed evaluation

**Ciana, Reiner**

Club: LG Rudelsburg Bad Kösen  
Number: 28

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M65 (65-69 Jahre)

Total time: 1:47:34

Speed: 8.92 km/h  
Running performance: 6:31 min/km

Rank in course/Total: 111 (of 135)

Rank in course/Men: 88 (of 102)

Best time in course: 1:03:29

Rank in category: 6(of 8)

Best time in the category: 1:23:00

### 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 Tännatal	4.00	26:15	6:33	6	5:55	89	10:50	4.00	26:15	6:33	6	5:55	89	10:50
Plessenburg	3.00	29:53	9:57	6	6:51	92	13:03	7.00	56:08	8:01	6	12:46	92	23:39
Abzweig rote Brü	3.00	21:23	7:07	6	4:51	88	8:56	10.00	1:17:31	7:45	6	17:37	91	32:35
Ilsenburg/Markt	6.50	30:03	4:37	7	6:57	88	11:33	16.50	1:47:34	6:31	6	24:34	88	44:05