



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: 9.20 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 Tännental | 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 |