



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Krystian, Twyrdy

Club: Team Wetzsteine
Number: 140

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:47:53

Speed: 8.90 km/h
Running performance: 6:32 min/km

Rank in course/Total: 112 (of 135)

Rank in course/Men: 89 (of 102)

Best time in course: 1:03:29

Rank in category: 11(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	26:46	6:41	12	6:53	93	11:21	4.00	26:46	6:41	12	6:53	93	11:21
Plessenburg	3.00	27:52	9:17	10	6:26	81	11:02	7.00	54:38	7:48	11	13:19	86	22:09
Abzweig rote Brü	3.00	21:24	7:07	12	5:46	89	8:57	10.00	1:16:02	7:36	11	19:05	86	31:06
Ilseburg/Markt	6.50	31:51	4:54	12	9:51	95	13:21	16.50	1:47:53	6:32	11	28:56	89	44:24