



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Puschmann, Andreas

Club: ausdauerclub
Number: 95

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:48:11

Speed: 8.87 km/h
Running performance: 6:34 min/km

Rank in course/Total: 115 (of 135)

Rank in course/Men: 90 (of 102)

Best time in course: 1:03:29

Rank in category: 12(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	25:37	6:24	10	5:44	86	10:12	4.00	25:37	6:24	10	5:44	86	10:12
Plessenburg	3.00	30:03	10:01	12	8:37	93	13:13	7.00	55:40	7:57	12	14:21	90	23:11
Abzweig rote Brü	3.00	20:50	6:56	10	5:12	83	8:23	10.00	1:16:30	7:39	12	19:33	87	31:34
Ilseburg/Markt	6.50	31:41	4:52	11	9:41	94	13:11	16.50	1:48:11	6:33	12	29:14	90	44:42