



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Caspar, Lukas

Club: Ilseburg
Number: 27

Course: 16.50 km
16,5 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 1:49:32

Speed: 9.04 km/h
Running performance: 6:38 min/km

Rank in course/Total: 119 (of 135)

Rank in course/Men: 92 (of 102)

Best time in course: 1:03:29

Rank in category: 5(of 6)

Best time in the category: 1:07:20

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	26:30	6:37	6	9:59	92	11:05	4.00	26:30	6:37	6	9:59	92	11:05
Plessenburg	3.00	28:40	9:33	5	10:03	84	11:50	7.00	55:10	7:52	6	20:00	88	22:41
Abzweig rote Brü	3.00	22:20	7:26	5	9:02	94	9:53	10.00	1:17:30	7:45	6	29:00	90	32:34
Ilseburg/Markt	6.50	32:02	4:55	5	13:32	97	13:32	16.50	1:49:32	6:38	5	42:12	92	46:03