



# 40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

## Detailed evaluation

Schmand, Markus

Club: SC Verl  
Number: 108

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:50:01

Speed: 9.00 km/h  
Running performance: 6:40 min/km

Rank in course/Total: 121 (of 135)

Rank in course/Men: 94 (of 102)

Best time in course: 1:03:29

Rank in category: 10(of 12)

Best time in the category: 1:12:35

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Abzweig Tännental	4.00	27:59	6:59	11	10:05	99	12:34	4.00	27:59	6:59	11	10:05	99	12:34
Plessenburg	3.00	29:34	9:51	10	10:01	90	12:44	7.00	57:33	8:13	10	20:06	95	25:04
Abzweig rote Brü	3.00	22:45	7:34	10	8:24	97	10:18	10.00	1:20:18	8:01	10	28:30	95	35:22
Ilsenburg/Markt	6.50	29:43	4:34	10	8:56	85	11:13	16.50	1:50:01	6:40	10	37:26	94	46:32