



40. Oster-Ilsetalllauf

Ilseburg / 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: 8.73 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 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	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
Ilseburg/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