



40. Oster-Ilsetallauf

Ilseburg / 08.04.2023

Detailed evaluation

Kettenbeil, Eckard

Club: NIX tun kann JEDER
Number: 70

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 1:50:59

Speed: 8.65 km/h
Running performance: 6:44 min/km

Rank in course/Total: 125 (of 135)

Rank in course/Men: 95 (of 102)

Best time in course: 1:03:29

Rank in category: 7(of 8)

Best time in the category: 1:23:00

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	26:19	6:34	7	5:59	90	10:54	4.00	26:19	6:34	7	5:59	90	10:54
Plessenburg	3.00	30:10	10:03	7	7:08	94	13:20	7.00	56:29	8:04	7	13:07	94	24:00
Abzweig rote Brü	3.00	22:09	7:22	7	5:37	92	9:42	10.00	1:18:38	7:51	7	18:44	94	33:42
Ilseburg/Markt	6.50	32:21	4:58	8	9:15	100	13:51	16.50	1:50:59	6:43	7	27:59	95	47:30