



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Bothe, Olaf

Club: Gänsefüther Sportbewegung
Number: 150

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:51:17

Speed: 8.90 km/h
Running performance: 6:44 min/km

Rank in course/Total: 127 (of 135)

Rank in course/Men: 96 (of 102)

Best time in course: 1:03:29

Rank in category: 11(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	27:31	6:52	10	9:37	97	12:06	4.00	27:31	6:52	10	9:37	97	12:06
Plessenburg	3.00	30:27	10:09	11	10:54	95	13:37	7.00	57:58	8:16	11	20:31	97	25:29
Abzweig rote Brü	3.00	22:47	7:35	11	8:26	98	10:20	10.00	1:20:45	8:04	11	28:57	96	35:49
Ilseburg/Markt	6.50	30:32	4:41	11	9:45	90	12:02	16.50	1:51:17	6:44	11	38:42	96	47:48