



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Schneider, Hans-Joachim

Club: FH Runners Berlin
Number: 112

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 1:52:06

Speed: 8.83 km/h
Running performance: 6:47 min/km

Rank in course/Total: 128 (of 135)

Rank in course/Men: 97 (of 102)

Best time in course: 1:03:29

Rank in category: 8(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	26:56	6:44	8	6:36	95	11:31	4.00	26:56	6:44	8	6:36	95	11:31
Plessenburg	3.00	32:35	10:51	8	9:33	100	15:45	7.00	59:31	8:30	8	16:09	99	27:02
Abzweig rote Brü	3.00	22:34	7:31	8	6:02	96	10:07	10.00	1:22:05	8:12	8	22:11	98	37:09
Ilseburg/Markt	6.50	30:01	4:37	6	6:55	87	11:31	16.50	1:52:06	6:47	8	29:06	97	48:37