



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Krause, Karl-Heinz

Club: erst laufen dann saufen
Number: 75

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:52:33

Speed: 8.53 km/h
Running performance: 6:49 min/km

Rank in course/Total: 129 (of 135)

Rank in course/Men: 98 (of 102)

Best time in course: 1:03:29

Rank in category: 13(of 14)

Best time in the category: 1:18:57

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	26:53	6:43	13	7:00	94	11:28	4.00	26:53	6:43	13	7:00	94	11:28
Plessenburg	3.00	31:01	10:20	14	9:35	97	14:11	7.00	57:54	8:16	13	16:35	96	25:25
Abzweig rote Brü	3.00	24:29	8:09	14	8:51	99	12:02	10.00	1:22:23	8:14	14	25:26	99	37:27
Ilsenburg/Markt	6.50	30:10	4:38	10	8:10	89	11:40	16.50	1:52:33	6:49	13	33:36	98	49:04