



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Stoisiek, Frank

Club: CLUB PIONEROS GERMANY
Number: 144

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:52:37

Speed: 8.52 km/h
Running performance: 6:50 min/km

Rank in course/Total: 130 (of 135)

Rank in course/Men: 99 (of 102)

Best time in course: 1:03:29

Rank in category: 14(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	27:34	6:53	14	7:41	98	12:09	4.00	27:34	6:53	14	7:41	98	12:09
Plessenburg	3.00	30:56	10:18	13	9:30	96	14:06	7.00	58:30	8:21	14	17:11	98	26:01
Abzweig rote Brü	3.00	22:15	7:25	13	6:37	93	9:48	10.00	1:20:45	8:04	13	23:48	96	35:49
Ilseburg/Markt	6.50	31:52	4:54	13	9:52	96	13:22	16.50	1:52:37	6:49	14	33:40	99	49:08