



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Bente, Marco

Club: Ausdauerschule bunert
Number: 12

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:56:31

Speed: 8.24 km/h
Running performance: 7:04 min/km

Rank in course/Total: 132 (of 135)

Rank in course/Men: 100 (of 102)

Best time in course: 1:03:29

Rank in category: 12(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	28:27	7:06	12	10:33	100	13:02	4.00	28:27	7:06	12	10:33	100	13:02
Plessenburg	3.00	31:51	10:37	12	12:18	99	15:01	7.00	1:00:18	8:36	12	22:51	100	27:49
Abzweig rote Brü	3.00	24:40	8:13	12	10:19	100	12:13	10.00	1:24:58	8:29	12	33:10	100	40:02
Ilseburg/Markt	6.50	31:33	4:51	12	10:46	93	13:03	16.50	1:56:31	7:03	12	43:56	100	53:02