



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Baum, Florian

Club: erst laufen dann saufen
Number: 7

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:05:02

Speed: 7.68 km/h
Running performance: 7:35 min/km

Rank in course/Total: 133 (of 135)

Rank in course/Men: 101 (of 102)

Best time in course: 1:03:29

Rank in category: 10(of 10)

Best time in the category: 1:03:29

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	29:42	7:25	10	14:17	101	14:17	4.00	29:42	7:25	10	14:17	101	14:17
Plessenburg	3.00	35:51	11:57	10	18:47	102	19:01	7.00	1:05:33	9:21	10	33:04	101	33:04
Abzweig rote Brü	3.00	25:34	8:31	10	13:07	101	13:07	10.00	1:31:07	9:06	10	46:11	101	46:11
Ilseburg/Markt	6.50	33:55	5:13	10	15:22	101	15:25	16.50	2:05:02	7:34	10	1:01:33	101	1:01:33