



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Reising, Marcel

Club: erst laufen dann saufen
Number: 97

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:13:31

Speed: 7.19 km/h
Running performance: 8:05 min/km

Rank in course/Total: 135 (of 135)

Rank in course/Men: 102 (of 102)

Best time in course: 1:03:29

Rank in category: 10(of 10)

Best time in the category: 1:11:36

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	31:25	7:51	10	13:52	102	16:00	4.00	31:25	7:51	10	13:52	102	16:00
Plessenburg	3.00	34:57	11:39	10	15:42	101	18:07	7.00	1:06:22	9:28	10	29:33	102	33:53
Abzweig rote Brü	3.00	27:35	9:11	10	13:31	102	15:08	10.00	1:33:57	9:23	10	43:04	102	49:01
Ilseburg/Markt	6.50	39:34	6:05	10	18:51	102	21:04	16.50	2:13:31	8:05	10	1:01:55	102	1:10:02