



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Plier, Andreas

Club: LAV Halensia e.V.
Number: 279

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 37:53

Speed: 13.78 km/h
Running performance: 4:21 min/km

Rank in course/Total: 6 (of 121)

Rank in course/Men: 6 (of 67)

Best time in course: 31:48

Rank in category: 1(of 4)

Best time in the category: 37:53

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Abzweig Tännental	4.00	18:22	4:35	1	-	7	2:57	4.00	18:22	4:35	1	-	7	2:57
Ilsenburg/Markt	4.70	19:31	4:09	1	-	4	3:08	8.70	37:53	4:21	1	-	6	6:05