



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Kotes, Aaron-Mick Stefan

Club: SV Siemens Mülheim a.d. Ruhr e.V.

Number: 74

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 41:16

Speed: 11.63 km/h

Running performance: 4:44 min/km

Rank in course/Total: 17 (of 121)

Rank in course/Men: 13 (of 67)

Best time in course: 31:48

Rank in category: 2(of 12)

Best time in the category: 31:48

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	19:41	4:55	2	4:16	13	4:16	4.00	19:41	4:55	2	4:16	13	4:16
Ilseburg/Markt	4.70	21:35	4:35	4	5:12	19	5:12	8.70	41:16	4:44	2	9:28	13	9:28