



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: 12.65 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 |