



40. Oster-Ilsetalllauf
Ilseburg / 08.04.2023

Detailed evaluation

Woitschik, Volker

Club: NSV Wernigerode
Number: 315

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 48:52

Speed: 9.82 km/h
Running performance: 5:37 min/km

Rank in course/Total: 63 (of 121)

Rank in course/Men: 43 (of 67)

Best time in course: 31:48

Rank in category: 4(of 4)

Best time in the category: 37:53

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	23:16	5:48	4	4:54	44	7:51	4.00	23:16	5:48	4	4:54	44	7:51
Ilseburg/Markt	4.70	25:36	5:26	4	6:05	47	9:13	8.70	48:52	5:37	4	10:59	43	17:04