



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Wenige, Jürgen

Club: Magdeburg
Number: 311

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 1:01:52

Speed: 7.76 km/h
Running performance: 7:07 min/km

Rank in course/Total: 111 (of 121)

Rank in course/Men: 66 (of 67)

Best time in course: 31:48

Rank in category: 3(of 3)

Best time in the category: 52:34

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 Tännatal	4.00	30:17	7:34	3	4:16	67	14:52	4.00	30:17	7:34	3	4:16	67	14:52
Ilseburg/Markt	4.70	31:35	6:43	2	5:02	64	15:12	8.70	1:01:52	7:06	3	9:18	66	30:04