



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Hupe, Matthias

Club: Lauffreunde Eichsfeld
Number: 61

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:11:36

Speed: 13.83 km/h
Running performance: 4:20 min/km

Rank in course/Total: 10 (of 135)

Rank in course/Men: 10 (of 102)

Best time in course: 1:03:29

Rank in category: 1(of 10)

Best time in the category: 1:11:36

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	17:34	4:23	2	0:01	13	2:09	4.00	17:34	4:23	2	0:01	13	2:09
Plessenburg	3.00	19:15	6:25	1	-	9	2:25	7.00	36:49	5:15	1	-	9	4:20
Abzweig rote Brü	3.00	14:04	4:41	1	-	11	1:37	10.00	50:53	5:05	1	-	9	5:57
Ilseburg/Markt	6.50	20:43	3:11	1	-	15	2:13	16.50	1:11:36	4:20	1	-	10	8:07