



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Hofmann, Jens

Club: NSV Wernigerode
Number: 59

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:13:37

Speed: 13.45 km/h
Running performance: 4:28 min/km

Rank in course/Total: 18 (of 135)

Rank in course/Men: 18 (of 102)

Best time in course: 1:03:29

Rank in category: 6(of 15)

Best time in the category: 1:04:05

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	17:43	4:25	5	1:47	14	2:18	4.00	17:43	4:25	5	1:47	14	2:18
Plessenburg	3.00	20:34	6:51	5	3:44	19	3:44	7.00	38:17	5:28	6	5:31	18	5:48
Abzweig rote Brü	3.00	14:33	4:51	5	2:00	16	2:06	10.00	52:50	5:16	5	7:31	17	7:54
Ilseburg/Markt	6.50	20:47	3:11	6	2:01	16	2:17	16.50	1:13:37	4:27	6	9:32	18	10:08