



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Hoffmann, Matthias

Club: Läufer Team Oker
Number: 58

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:18:57

Speed: 12.16 km/h
Running performance: 4:47 min/km

Rank in course/Total: 28 (of 135)

Rank in course/Men: 27 (of 102)

Best time in course: 1:03:29

Rank in category: 1(of 14)

Best time in the category: 1:18:57

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	19:53	4:58	1	-	31	4:28	4.00	19:53	4:58	1	-	31	4:28
Plessenburg	3.00	21:26	7:08	1	-	27	4:36	7.00	41:19	5:54	1	-	29	8:50
Abzweig rote Brü	3.00	15:38	5:12	1	-	27	3:11	10.00	56:57	5:41	1	-	29	12:01
Ilseburg/Markt	6.50	22:00	3:23	1	-	29	3:30	16.50	1:18:57	4:47	1	-	27	15:28