



# 40. Oster-Ilsetallauf

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: 12.54 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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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