



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Voß, Ingo

Club: BSG Laufwerk Hamburg
Number: 130

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:19:49

Speed: 12.40 km/h
Running performance: 4:50 min/km

Rank in course/Total: 31 (of 135)

Rank in course/Men: 30 (of 102)

Best time in course: 1:03:29

Rank in category: 3(of 12)

Best time in the category: 1:12:35

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 Tännatal | 4.00 | 19:23 | 4:50 | 3 | 1:29 | 30 | 3:58 | 4.00 | 19:23 | 4:50 | 3 | 1:29 | 30 | 3:58 |
| Plessenburg | 3.00 | 21:11 | 7:03 | 3 | 1:38 | 25 | 4:21 | 7.00 | 40:34 | 5:47 | 3 | 3:07 | 27 | 8:05 |
| Abzweig rote Brü | 3.00 | 16:02 | 5:20 | 3 | 1:41 | 32 | 3:35 | 10.00 | 56:36 | 5:39 | 3 | 4:48 | 28 | 11:40 |
| Ilisenburg/Markt | 6.50 | 23:13 | 3:34 | 3 | 2:26 | 37 | 4:43 | 16.50 | 1:19:49 | 4:50 | 3 | 7:14 | 30 | 16:20 |