



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: 12.03 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	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	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
Ilsenburg/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