



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Hoffmann, Jan

Club: Dedeleben

Number: 57

Course: 16.50 km

16,5 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:26:29

Speed: 11.45 km/h

Running performance: 5:14 min/km

Rank in course/Total: 48 (of 135)

Rank in course/Men: 45 (of 102)

Best time in course: 1:03:29

Rank in category: 5(of 10)

Best time in the category: 1:03:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Abzweig Tännental	4.00	22:14	5:33	4	6:49	52	6:49	4.00	22:14	5:33	4	6:49	52	6:49	
Plessenburg	3.00	22:40	7:33	4	5:36	37	5:50	7.00	44:54	6:24	4	12:25	43	12:25	
Abzweig rote Brü	3.00	17:15	5:45	5	4:48	46	4:48	10.00	1:02:09	6:12	4	17:13	43	17:13	
Ilseburg/Markt	6.50	24:20	3:44	5	5:47	47	5:50	16.50	1:26:29	5:14	5	23:00	45	23:00	