



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Hirschelmann, Jens

Club: Merseburg
Number: 56

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:32:05

Speed: 10.75 km/h
Running performance: 5:35 min/km

Rank in course/Total: 68 (of 135)

Rank in course/Men: 59 (of 102)

Best time in course: 1:03:29

Rank in category: 8(of 10)

Best time in the category: 1:11:36

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 Tännental	4.00	22:22	5:35	7	4:49	54	6:57	4.00	22:22	5:35	7	4:49	54	6:57
Plessenburg	3.00	25:44	8:34	9	6:29	64	8:54	7.00	48:06	6:52	9	11:17	62	15:37
Abzweig rote Brü	3.00	18:00	6:00	7	3:56	56	5:33	10.00	1:06:06	6:36	8	15:13	60	21:10
Ilseburg/Markt	6.50	25:59	3:59	8	5:16	63	7:29	16.50	1:32:05	5:34	8	20:29	59	28:36