



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Kaufhold, David

Club: Tauchsportclub Halberstadt
Number: 68

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:32:09

Speed: 10.74 km/h
Running performance: 5:35 min/km

Rank in course/Total: 70 (of 135)

Rank in course/Men: 60 (of 102)

Best time in course: 1:03:29

Rank in category: 12(of 15)

Best time in the category: 1:04:05

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	22:50	5:42	11	6:54	62	7:25	4.00	22:50	5:42	11	6:54	62	7:25
Plessenburg	3.00	24:25	8:08	13	7:35	54	7:35	7.00	47:15	6:45	13	14:29	56	14:46
Abzweig rote Brü	3.00	18:18	6:06	13	5:45	59	5:51	10.00	1:05:33	6:33	13	20:14	58	20:37
Ilseburg/Markt	6.50	26:36	4:05	12	7:50	69	8:06	16.50	1:32:09	5:35	12	28:04	60	28:40