



# 40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

## Detailed evaluation

**Holuba, Jörg**

Club: Ilsenburg  
Number: 60

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:32:11

Speed: 10.41 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 71 (of 135)

Rank in course/Men: 62 (of 102)

Best time in course: 1:03:29

Rank in category: 11(of 15)

Best time in the category: 1:09:53

### 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 Tännental	4.00	21:50	5:27	11	4:50	50	6:25	4.00	21:50	5:27	11	4:50	50	6:25
Plessenburg	3.00	25:13	8:24	11	6:47	60	8:23	7.00	47:03	6:43	11	11:17	53	14:34
Abzweig rote Brü	3.00	18:24	6:07	10	4:33	61	5:57	10.00	1:05:27	6:32	11	15:50	56	20:31
Ilsenburg/Markt	6.50	26:44	4:06	13	6:58	71	8:14	16.50	1:32:11	5:35	11	22:18	62	28:42