



# 40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

## Detailed evaluation

**Koc, Hakan**

Club: Salzgitter  
Number: 72

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:44:54

Speed: 9.15 km/h  
Running performance: 6:22 min/km

Rank in course/Total: 102 (of 135)

Rank in course/Men: 84 (of 102)

Best time in course: 1:03:29

Rank in category: 15(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	23:53	5:58	15	7:57	75	8:28	4.00	23:53	5:58	15	7:57	75	8:28
Plessenburg	3.00	31:18	10:26	15	14:28	98	14:28	7.00	55:11	7:52	15	22:25	89	22:42
Abzweig rote Brü	3.00	21:44	7:14	15	9:11	90	9:17	10.00	1:16:55	7:41	15	31:36	88	31:59
Ilseburg/Markt	6.50	27:59	4:18	14	9:13	77	9:29	16.50	1:44:54	6:21	15	40:49	84	41:25