



# 40. Oster-Ilsetallauf

Ilseburg / 08.04.2023

## Detailed evaluation

**VOGT, Hartmut**

Club: TuS Neudorf-Platendorf  
Number: 129

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M75 (75 und älter)

Total time: 1:48:58

Speed: 8.81 km/h  
Running performance: 6:36 min/km

Rank in course/Total: 116 (of 135)

Rank in course/Men: 91 (of 102)

Best time in course: 1:03:29

Rank in category: 1(of 1)

Best time in the category: 1:48:58

### 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 Tännatal	4.00	26:03	6:30	1	-	87	10:38	4.00	26:03	6:30	1	-	87	10:38
Plessenburg	3.00	29:51	9:57	1	-	91	13:01	7.00	55:54	7:59	1	-	91	23:25
Abzweig rote Brü	3.00	21:58	7:19	1	-	91	9:31	10.00	1:17:52	7:47	1	-	93	32:56
Ilseburg/Markt	6.50	31:06	4:47	1	-	92	12:36	16.50	1:48:58	6:36	1	-	91	45:29