



40. Oster-Ilsetallauf

Ilsenburg / 08.04.2023

Detailed evaluation

Formella, Matthias

Club: MSV Eintracht Halberstadt
Number: 220

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 37:56

Speed: 12.65 km/h
Running performance: 4:22 min/km

Rank in course/Total: 7 (of 121)

Rank in course/Men: 7 (of 67)

Best time in course: 31:48

Rank in category: 1(of 2)

Best time in the category: 37:56

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 Tännatal	4.00	18:14	4:33	1	-	6	2:49	4.00	18:14	4:33	1	-	6	2:49
Ilsenburg/Markt	4.70	19:42	4:11	1	-	6	3:19	8.70	37:56	4:21	1	-	7	6:08