



# 40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

## Detailed evaluation

**Hempel, Jürgen**

Club: Pointer Brothers  
Number: 324

Course: 8.70 km  
8,7 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 41:27

Speed: 12.59 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 20 (of 121)

Rank in course/Men: 15 (of 67)

Best time in course: 31:48

Rank in category: 3(of 9)

Best time in the category: 37:27

### 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	19:56	4:59	3	2:21	14	4:31	4.00	19:56	4:59	3	2:21	14	4:31
Ilseburg/Markt	4.70	21:31	4:34	3	1:39	18	5:08	8.70	41:27	4:45	3	4:00	15	9:39