



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Kirn, Daniel

Club: Lengede

Number: 246

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 43:26

Speed: 11.05 km/h

Running performance: 4:59 min/km

Rank in course/Total: 27 (of 121)

Rank in course/Men: 22 (of 67)

Best time in course: 31:48

Rank in category: 6(of 12)

Best time in the category: 31:48

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		
Abzweig Tännental	4.00	21:04	5:15	5	5:39	20	5:39	4.00	21:04	5:15	5	5:39	20	5:39
Ilseburg/Markt	4.70	22:22	4:45	6	5:59	25	5:59	8.70	43:26	4:59	6	11:38	22	11:38