



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Wehmeier, Tobias

Club: Brockenlaufverein
Number: 310

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 43:32

Speed: 11.03 km/h
Running performance: 5:00 min/km

Rank in course/Total: 29 (of 121)

Rank in course/Men: 24 (of 67)

Best time in course: 31:48

Rank in category: 4(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	21:10	5:17	4	3:35	21	5:45	4.00	21:10	5:17	4	3:35	21	5:45
Ilseburg/Markt	4.70	22:22	4:45	5	2:30	25	5:59	8.70	43:32	5:00	4	6:05	24	11:44