



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Deumeland, Danny

Club: Team Blau
Number: 209

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 43:45

Speed: 10.97 km/h
Running performance: 5:02 min/km

Rank in course/Total: 33 (of 121)

Rank in course/Men: 25 (of 67)

Best time in course: 31:48

Rank in category: 3(of 9)

Best time in the category: 43:14

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	21:13	5:18	2	0:15	23	5:48	4.00	21:13	5:18	2	0:15	23	5:48
Ilseburg/Markt	4.70	22:32	4:47	4	0:45	27	6:09	8.70	43:45	5:01	3	0:31	25	11:57