



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Himburg, Andy

Club: Die Dichten Dachse
Number: 329

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 44:23

Speed: 10.81 km/h
Running performance: 5:06 min/km

Rank in course/Total: 34 (of 121)

Rank in course/Men: 26 (of 67)

Best time in course: 31:48

Rank in category: 7(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	min/km	Cat.	Cat.	Men	Men
Abzweig Tännental	4.00	21:42	5:25	6	6:17	24	6:17	4.00	21:42	5:25	6	6:17	24	6:17
Ilsenburg/Markt	4.70	22:41	4:49	7	6:18	28	6:18	8.70	44:23	5:06	7	12:35	26	12:35