



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Blank, Thomas

Club: Lehndorfer TSV

Number: 14

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 44:30

Speed: 10.79 km/h

Running performance: 5:07 min/km

Rank in course/Total: 35 (of 121)

Rank in course/Men: 27 (of 67)

Best time in course: 31:48

Rank in category: 4(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	22:31	5:37	5	1:33	38	7:06	4.00	22:31	5:37	5	1:33	38	7:06
Ilsenburg/Markt	4.70	21:59	4:40	2	0:12	22	5:36	8.70	44:30	5:06	4	1:16	27	12:42