



40. Oster-Ilsetalllauf
Ilseburg / 08.04.2023

Detailed evaluation

Hütcher, Axel

Club: Sportinstitut TU Clausthal
Number: 235

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 45:29

Speed: 10.55 km/h
Running performance: 5:14 min/km

Rank in course/Total: 42 (of 121)

Rank in course/Men: 29 (of 67)

Best time in course: 31:48

Rank in category: 5(of 9)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	23:18	5:49	8	5:43	45	7:53	4.00	23:18	5:49	8	5:43	45	7:53
Ilseburg/Markt	4.70	22:11	4:43	4	2:19	23	5:48	8.70	45:29	5:13	5	8:02	29	13:41