



# 40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

## Detailed evaluation

**Heise, Mario**

Club: hzmakler & friends  
Number: 230

Course: 8.70 km  
8,7 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 45:56

Speed: 11.36 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 46 (of 121)

Rank in course/Men: 33 (of 67)

Best time in course: 31:48

Rank in category: 6(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	22:12	5:32	6	4:37	31	6:47	4.00	22:12	5:32	6	4:37	31	6:47
Ilsenburg/Markt	4.70	23:44	5:02	6	3:52	33	7:21	8.70	45:56	5:16	6	8:29	33	14:08