



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Müller, Freddy

Club: hzmakler & friends
Number: 273

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 45:56

Speed: 10.45 km/h
Running performance: 5:17 min/km

Rank in course/Total: 47 (of 121)

Rank in course/Men: 33 (of 67)

Best time in course: 31:48

Rank in category: 3(of 4)

Best time in the category: 41:21

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	22:07	5:31	2	2:08	29	6:42	4.00	22:07	5:31	2	2:08	29	6:42
Ilsenburg/Markt	4.70	23:49	5:04	3	2:27	35	7:26	8.70	45:56	5:16	3	4:35	33	14:08