



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Ebert, Andreas

Club: Skiclub Ilseburg
Number: 214

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 46:12

Speed: 10.39 km/h
Running performance: 5:19 min/km

Rank in course/Total: 49 (of 121)

Rank in course/Men: 35 (of 67)

Best time in course: 31:48

Rank in category: 5(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	22:24	5:35	4	1:26	33	6:59	4.00	22:24	5:35	4	1:26	33	6:59
Ilseburg/Markt	4.70	23:48	5:03	5	2:01	34	7:25	8.70	46:12	5:18	5	2:58	35	14:24