



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Turk, Michael

Club: Harz-Gebirgslauf Wernigerode

Number: 302

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 46:36

Speed: 10.30 km/h

Running performance: 5:22 min/km

Rank in course/Total: 53 (of 121)

Rank in course/Men: 38 (of 67)

Best time in course: 31:48

Rank in category: 8(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	22:31	5:37	7	4:56	38	7:06	4.00	22:31	5:37	7	4:56	38	7:06
Ilsenburg/Markt	4.70	24:05	5:07	7	4:13	36	7:42	8.70	46:36	5:21	8	9:09	38	14:48