



# 40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

## Detailed evaluation

Schrader, René

Club: SC Osterwieck  
Number: 293

Course: 8.70 km  
8,7 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 46:25

Speed: 10.34 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 51 (of 121)

Rank in course/Men: 36 (of 67)

Best time in course: 31:48

Rank in category: 7(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	22:04	5:30	5	4:29	28	6:39	4.00	22:04	5:30	5	4:29	28	6:39
Ilseburg/Markt	4.70	24:21	5:10	8	4:29	39	7:58	8.70	46:25	5:20	7	8:58	36	14:37