



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Reinke, Lukas

Club: Sassenburg
Number: 326

Course: 8.70 km
8,7 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 46:32

Speed: 10.32 km/h
Running performance: 5:21 min/km

Rank in course/Total: 52 (of 121)

Rank in course/Men: 37 (of 67)

Best time in course: 31:48

Rank in category: 4(of 10)

Best time in the category: 34:04

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	22:19	5:34	5	5:49	32	6:54	4.00	22:19	5:34	5	5:49	32	6:54
Ilseburg/Markt	4.70	24:13	5:09	4	6:39	37	7:50	8.70	46:32	5:20	4	12:28	37	14:44