



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Juska, Max

Club: Harzer Fuechse
Number: 240

Course: 8.70 km
8,7 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 46:49

Speed: 10.25 km/h
Running performance: 5:23 min/km

Rank in course/Total: 56 (of 121)

Rank in course/Men: 40 (of 67)

Best time in course: 31:48

Rank in category: 6(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	22:08	5:31	4	5:38	30	6:43	4.00	22:08	5:31	4	5:38	30	6:43
Ilseburg/Markt	4.70	24:41	5:15	6	7:07	41	8:18	8.70	46:49	5:22	6	12:45	40	15:01