



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Schneemilch, Sebastian

Club: Wernigerode
Number: 290

Course: 8.70 km
8,7 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 46:44

Speed: 10.27 km/h
Running performance: 5:22 min/km

Rank in course/Total: 55 (of 121)

Rank in course/Men: 39 (of 67)

Best time in course: 31:48

Rank in category: 5(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	22:29	5:37	6	5:59	37	7:04	4.00	22:29	5:37	6	5:59	37	7:04
Ilseburg/Markt	4.70	24:15	5:09	5	6:41	38	7:52	8.70	46:44	5:22	5	12:40	39	14:56