



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Seidel, Thomas

Club: Darlingerode
Number: 296

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 47:05

Speed: 10.19 km/h
Running performance: 5:25 min/km

Rank in course/Total: 57 (of 121)

Rank in course/Men: 41 (of 67)

Best time in course: 31:48

Rank in category: 8(of 12)

Best time in the category: 31:48

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 Tännatal	4.00	22:28	5:36	8	7:03	35	7:03	4.00	22:28	5:36	8	7:03	35	7:03
Ilsenburg/Markt	4.70	24:37	5:14	8	8:14	40	8:14	8.70	47:05	5:24	8	15:17	41	15:17