



40. Oster-Ilsetalllauf  
Ilseburg / 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: 11.09 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 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 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
Ilseburg/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