



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Langner, Henry

Club: Hamburg
Number: 259

Course: 8.70 km
8,7 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 47:45

Speed: 10.05 km/h
Running performance: 5:29 min/km

Rank in course/Total: 58 (of 121)

Rank in course/Men: 42 (of 67)

Best time in course: 31:48

Rank in category: 7(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	22:54	5:43	7	6:24	43	7:29	4.00	22:54	5:43	7	6:24	43	7:29
Ilseburg/Markt	4.70	24:51	5:17	7	7:17	42	8:28	8.70	47:45	5:29	7	13:41	42	15:57