



40. Oster-Ilsetalllauf  
Ilsenburg / 08.04.2023

### Detailed evaluation

**Konstabel, Thomas**

Club: Wernigerode  
Number: 252

Course: 8.70 km  
8,7 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 48:52

Speed: 10.68 km/h  
Running performance: 5:37 min/km

Rank in course/Total: 62 (of 121)

Rank in course/Men: 43 (of 67)

Best time in course: 31:48

Rank in category: 9(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 Tännental	4.00	22:53	5:43	9	7:28	42	7:28	4.00	22:53	5:43	9	7:28	42	7:28
Ilsenburg/Markt	4.70	25:59	5:31	9	9:36	52	9:36	8.70	48:52	5:37	9	17:04	43	17:04