



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Meyer, Christian

Club: Heiningen
Number: 270

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 49:09

Speed: 9.77 km/h
Running performance: 5:39 min/km

Rank in course/Total: 67 (of 121)

Rank in course/Men: 45 (of 67)

Best time in course: 31:48

Rank in category: 6(of 9)

Best time in the category: 43:14

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	24:03	6:00	6	3:05	47	8:38	4.00	24:03	6:00	6	3:05	47	8:38
Ilsenburg/Markt	4.70	25:06	5:20	6	3:19	44	8:43	8.70	49:09	5:38	6	5:55	45	17:21