



40. Oster-Ilsetalllauf
Ilsenburg / 08.04.2023

Detailed evaluation

Fritsch, Burkart

Club: Die Wadenkrämpfe
Number: 222

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 49:35

Speed: 9.68 km/h
Running performance: 5:42 min/km

Rank in course/Total: 71 (of 121)

Rank in course/Men: 46 (of 67)

Best time in course: 31:48

Rank in category: 9(of 9)

Best time in the category: 37:27

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 Tännental	4.00	24:42	6:10	9	7:07	54	9:17	4.00	24:42	6:10	9	7:07	54	9:17
Ilsenburg/Markt	4.70	24:53	5:17	9	5:01	43	8:30	8.70	49:35	5:41	9	12:08	46	17:47