



# 40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

## Detailed evaluation

Krüger, Christoph

Club: DKK Osterwieck  
Number: 255

Course: 8.70 km  
8,7 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 49:51

Speed: 10.47 km/h  
Running performance: 5:44 min/km

Rank in course/Total: 73 (of 121)

Rank in course/Men: 47 (of 67)

Best time in course: 31:48

Rank in category: 3(of 5)

Best time in the category: 32:33

### 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 Tännatal	4.00	24:04	6:00	3	8:21	48	8:39	4.00	24:04	6:00	3	8:21	48	8:39
Ilseburg/Markt	4.70	25:47	5:29	3	8:57	49	9:24	8.70	49:51	5:43	3	17:18	47	18:03