



# 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: 9.63 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 Tännental | 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  |