



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Langer, Alexander

Club: Die Wadenkrämpfe
Number: 257

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 50:09

Speed: 9.57 km/h
Running performance: 5:46 min/km

Rank in course/Total: 76 (of 121)

Rank in course/Men: 50 (of 67)

Best time in course: 31:48

Rank in category: 7(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	24:42	6:10	9	3:44	54	9:17	4.00	24:42	6:10	9	3:44	54	9:17
Ilsenburg/Markt	4.70	25:27	5:24	7	3:40	45	9:04	8.70	50:09	5:45	7	6:55	50	18:21