



# 40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

## Detailed evaluation

**Volkman, Christian**

Club: Die Wadenkrämpfe  
Number: 305

Course: 8.70 km  
8,7 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 50:09

Speed: 10.41 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 77 (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	24:41	6:10	8	3:43	53	9:16	4.00	24:41	6:10	8	3:43	53	9:16
Ilsenburg/Markt	4.70	25:28	5:25	8	3:41	46	9:05	8.70	50:09	5:45	7	6:55	50	18:21