



40. Oster-Ilsetalllauf

Ilseburg / 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: 9.57 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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
						Pos Men	Behind Men	km	Time					min/km
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
Ilseburg/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