



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Biastoch, Marcus

Club: Blankenburger Wadenqual

Number: 203

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 50:30

Speed: 9.50 km/h

Running performance: 5:48 min/km

Rank in course/Total: 81 (of 121)

Rank in course/Men: 54 (of 67)

Best time in course: 31:48

Rank in category: 9(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	24:08	6:01	7	3:10	50	8:43	4.00	24:08	6:01	7	3:10	50	8:43
Ilsenburg/Markt	4.70	26:22	5:36	9	4:35	54	9:59	8.70	50:30	5:48	9	7:16	54	18:42