



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Potutschek, Tom

Club: Harzer Fuechse
Number: 282

Course: 8.70 km
8,7 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 51:48

Speed: 9.27 km/h
Running performance: 5:57 min/km

Rank in course/Total: 84 (of 121)

Rank in course/Men: 55 (of 67)

Best time in course: 31:48

Rank in category: 9(of 10)

Best time in the category: 34:04

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	23:33	5:53	8	7:03	46	8:08	4.00	23:33	5:53	8	7:03	46	8:08
Ilseburg/Markt	4.70	28:15	6:00	10	10:41	60	11:52	8.70	51:48	5:57	9	17:44	55	20:00