



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Friedrich, Attila

Club: Tauchsportclub Halberstadt
Number: 221

Course: 8.70 km
8,7 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 52:15

Speed: 9.19 km/h
Running performance: 6:01 min/km

Rank in course/Total: 89 (of 121)

Rank in course/Men: 56 (of 67)

Best time in course: 31:48

Rank in category: 10(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	25:36	6:24	10	9:06	57	10:11	4.00	25:36	6:24	10	9:06	57	10:11
Ilseburg/Markt	4.70	26:39	5:40	9	9:05	56	10:16	8.70	52:15	6:00	10	18:11	56	20:27