



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Gassner, Nils

Club: Clausthal-Zellerfeld
Number: 223

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 52:17

Speed: 9.18 km/h
Running performance: 6:01 min/km

Rank in course/Total: 90 (of 121)

Rank in course/Men: 57 (of 67)

Best time in course: 31:48

Rank in category: 5(of 5)

Best time in the category: 32:33

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	26:00	6:30	5	10:17	60	10:35	4.00	26:00	6:30	5	10:17	60	10:35
Ilseburg/Markt	4.70	26:17	5:35	5	9:27	53	9:54	8.70	52:17	6:00	5	19:44	57	20:29