



# 40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

## Detailed evaluation

**Jendrzok, Lars**

Club: TSG Bad Harzburg  
Number: 238

Course: 8.70 km  
8,7 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 55:59

Speed: 8.57 km/h  
Running performance: 6:26 min/km

Rank in course/Total: 99 (of 121)

Rank in course/Men: 62 (of 67)

Best time in course: 31:48

Rank in category: 12(of 12)

Best time in the category: 31:48

### 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	27:34	6:53	12	12:09	64	12:09	4.00	27:34	6:53	12	12:09	64	12:09
Ilseburg/Markt	4.70	28:25	6:02	12	12:02	61	12:02	8.70	55:59	6:26	12	24:11	62	24:11