



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Dillge, Lennart

Club: Team Dillge/Gifhorn
Number: 211

Course: 8.70 km
8,7 km - Lauf

Category:
männliche Jugend U16 (14-15 Jahre)

Total time: 56:53

Speed: 8.44 km/h
Running performance: 6:32 min/km

Rank in course/Total: 101 (of 121)

Rank in course/Men: 63 (of 67)

Best time in course: 31:48

Rank in category: 2(of 2)

Best time in the category: 45:53

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	25:07	6:16	2	2:39	56	9:42	4.00	25:07	6:16	2	2:39	56	9:42
Ilseburg/Markt	4.70	31:46	6:45	2	8:21	66	15:23	8.70	56:53	6:32	2	11:00	63	25:05