



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Fehse, Dominic

Club: Harzer Teufel
Number: 40

Course: 16.50 km
16,5 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 1:07:27

Speed: 14.23 km/h
Running performance: 4:05 min/km

Rank in course/Total: 6 (of 135)

Rank in course/Men: 6 (of 102)

Best time in course: 1:03:29

Rank in category: 2(of 6)

Best time in the category: 1:07:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	17:02	4:15	2	0:31	7	1:37	4.00	17:02	4:15	2	0:31	7	1:37
Plessenburg	3.00	18:37	6:12	1	-	6	1:47	7.00	35:39	5:05	2	0:29	6	3:10
Abzweig rote Brü	3.00	13:18	4:26	1	-	5	0:51	10.00	48:57	4:53	2	0:27	6	4:01
Ilseburg/Markt	6.50	18:30	2:50	1	-	1	-	16.50	1:07:27	4:05	2	0:07	6	3:58