



# 40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

## Detailed evaluation

**Guenther, Ronny**

Club: LAV 07 Bad Harzburg  
Number: 49

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:11:22

Speed: 13.45 km/h  
Running performance: 4:20 min/km

Rank in course/Total: 9 (of 135)

Rank in course/Men: 9 (of 102)

Best time in course: 1:03:29

Rank in category: 1(of 8)

Best time in the category: 1:11:22

### 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	17:48	4:27	3	0:15	16	2:23	4.00	17:48	4:27	3	0:15	16	2:23
Plessenburg	3.00	19:22	6:27	1	-	10	2:32	7.00	37:10	5:18	1	-	11	4:41
Abzweig rote Brü	3.00	14:03	4:41	1	-	10	1:36	10.00	51:13	5:07	1	-	10	6:17
Ilseburg/Markt	6.50	20:09	3:05	2	0:12	11	1:39	16.50	1:11:22	4:19	1	-	9	7:53