



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Dietrichs, André

Club: Harsleben

Number: 31

Course: 16.50 km

16,5 km - Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:22:16

Speed: 11.67 km/h

Running performance: 4:59 min/km

Rank in course/Total: 34 (of 135)

Rank in course/Men: 33 (of 102)

Best time in course: 1:03:29

Rank in category: 9(of 15)

Best time in the category: 1:04:05

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	20:44	5:11	10	4:48	35	5:19	4.00	20:44	5:11	10	4:48	35	5:19
Plessenburg	3.00	22:05	7:21	9	5:15	30	5:15	7.00	42:49	6:07	9	10:03	32	10:20
Abzweig rote Brü	3.00	15:49	5:16	8	3:16	29	3:22	10.00	58:38	5:51	9	13:19	32	13:42
Ilseburg/Markt	6.50	23:38	3:38	10	4:52	41	5:08	16.50	1:22:16	4:59	9	18:11	33	18:47