



40. Oster-Ilsetalllauf
Ilseburg / 08.04.2023

Detailed evaluation

Döppelheuer, Nick

Club: Brockenlaufverein
Number: 34

Course: 16.50 km
16,5 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 1:27:05

Speed: 11.02 km/h
Running performance: 5:17 min/km

Rank in course/Total: 50 (of 135)

Rank in course/Men: 47 (of 102)

Best time in course: 1:03:29

Rank in category: 4(of 6)

Best time in the category: 1:07:20

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 Tännatal	4.00	21:46	5:26	4	5:15	48	6:21	4.00	21:46	5:26	4	5:15	48	6:21
Plessenburg	3.00	23:43	7:54	4	5:06	44	6:53	7.00	45:29	6:29	4	10:19	45	13:00
Abzweig rote Brü	3.00	17:29	5:49	4	4:11	48	5:02	10.00	1:02:58	6:17	4	14:28	46	18:02
Ilseburg/Markt	6.50	24:07	3:42	4	5:37	45	5:37	16.50	1:27:05	5:16	4	19:45	47	23:36