



# 40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

## Detailed evaluation

**Dietrich, Enrico**

Club: Harz-Gebirgslauf Wernigerode  
Number: 210

Course: 8.70 km  
8,7 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 31:48

Speed: 15.09 km/h  
Running performance: 3:40 min/km

Rank in course/Total: 1 (of 121)

Rank in course/Men: 1 (of 67)

Best time in course: 31:48

Rank in category: 1(of 12)

Best time in the category: 31:48

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännatal	4.00	15:25	3:51	1	-	1	-	4.00	15:25	3:51	1	-	1	-
Ilsenburg/Markt	4.70	16:23	3:29	1	-	1	-	8.70	31:48	3:39	1	-	1	-