



40. Oster-Ilsetalllauf

Ilseburg / 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	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	15:25	3:51	1	-	1	-	4.00	15:25	3:51	1	-	1	-
Ilseburg/Markt	4.70	16:23	3:29	1	-	1	-	8.70	31:48	3:39	1	-	1	-