



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Lippe, Florian

Club: Harz-Gebirgslauf Wernigerode
Number: 266

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 32:33

Speed: 14.75 km/h
Running performance: 3:44 min/km

Rank in course/Total: 2 (of 121)

Rank in course/Men: 2 (of 67)

Best time in course: 31:48

Rank in category: 1(of 5)

Best time in the category: 32:33

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	15:43	3:55	1	-	2	0:18	4.00	15:43	3:55	1	-	2	0:18
Ilseburg/Markt	4.70	16:50	3:34	1	-	2	0:27	8.70	32:33	3:44	1	-	2	0:45