



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Lippe, Fabian

Club: Harz-Gebirgslauf Wernigerode
Number: 265

Course: 8.70 km
8,7 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 34:04

Speed: 14.09 km/h
Running performance: 3:55 min/km

Rank in course/Total: 3 (of 121)

Rank in course/Men: 3 (of 67)

Best time in course: 31:48

Rank in category: 1(of 10)

Best time in the category: 34:04

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	16:30	4:07	1	-	3	1:05	4.00	16:30	4:07	1	-	3	1:05
Ilseburg/Markt	4.70	17:34	3:44	1	-	3	1:11	8.70	34:04	3:54	1	-	3	2:16