



# 40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

## Detailed evaluation

**Thewes, Danny**

Club: TSG Wittenburg  
Number: 300

Course: 8.70 km  
8,7 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 37:27

Speed: 12.82 km/h  
Running performance: 4:18 min/km

Rank in course/Total: 4 (of 121)

Rank in course/Men: 4 (of 67)

Best time in course: 31:48

Rank in category: 1(of 9)

Best time in the category: 37:27

### 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	17:35	4:23	1	-	5	2:10	4.00	17:35	4:23	1	-	5	2:10
Ilsenburg/Markt	4.70	19:52	4:13	1	-	8	3:29	8.70	37:27	4:18	1	-	4	5:39