



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Holland, Deaken

Club: NSV Wernigerode
Number: 234

Course: 8.70 km
8,7 km - Lauf

Category:
männliche Jugend U18 (16-17 Jahre)

Total time: 37:27

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

Rank in course/Total: 5 (of 121)

Rank in course/Men: 4 (of 67)

Best time in course: 31:48

Rank in category: 1(of 3)

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 Tännatal	4.00	16:42	4:10	1	-	4	1:17	4.00	16:42	4:10	1	-	4	1:17
Ilseburg/Markt	4.70	20:45	4:24	1	-	11	4:22	8.70	37:27	4:18	1	-	4	5:39