



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Unger, Thomas

Club: SV Lok Blankenburg 1949 e.V.

Number: 301

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 38:02

Speed: 12.62 km/h

Running performance: 4:22 min/km

Rank in course/Total: 8 (of 121)

Rank in course/Men: 8 (of 67)

Best time in course: 31:48

Rank in category: 2(of 4)

Best time in the category: 37:53

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	18:30	4:37	2	0:08	9	3:05	4.00	18:30	4:37	2	0:08	9	3:05
Ilsenburg/Markt	4.70	19:32	4:09	2	0:01	5	3:09	8.70	38:02	4:22	2	0:09	8	6:14