



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Lehmann, Jörg

Club: Harz-Gebirgslauf Wernigerode
Number: 262

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 38:36

Speed: 12.44 km/h
Running performance: 4:26 min/km

Rank in course/Total: 10 (of 121)

Rank in course/Men: 9 (of 67)

Best time in course: 31:48

Rank in category: 2(of 9)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	18:22	4:35	2	0:47	7	2:57	4.00	18:22	4:35	2	0:47	7	2:57
Ilseburg/Markt	4.70	20:14	4:18	2	0:22	9	3:51	8.70	38:36	4:26	2	1:09	9	6:48