



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Wedde, Louis

Club: Ilsenburg
Number: 308

Course: 8.70 km
8,7 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 39:03

Speed: 13.37 km/h
Running performance: 4:29 min/km

Rank in course/Total: 11 (of 121)

Rank in course/Men: 10 (of 67)

Best time in course: 31:48

Rank in category: 2(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	19:21	4:50	2	2:51	11	3:56	4.00	19:21	4:50	2	2:51	11	3:56
Ilsenburg/Markt	4.70	19:42	4:11	2	2:08	6	3:19	8.70	39:03	4:29	2	4:59	10	7:15