



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Lehmann, Christoph

Club: Team SKY

Number: 261

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 39:16

Speed: 12.22 km/h

Running performance: 4:31 min/km

Rank in course/Total: 12 (of 121)

Rank in course/Men: 11 (of 67)

Best time in course: 31:48

Rank in category: 2(of 5)

Best time in the category: 32:33

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	18:36	4:39	2	2:53	10	3:11	4.00	18:36	4:39	2	2:53	10	3:11
Ilseburg/Markt	4.70	20:40	4:23	2	3:50	10	4:17	8.70	39:16	4:30	2	6:43	11	7:28