



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Teutloff, Peter

Club: Aschersleben
Number: 299

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 40:09

Speed: 11.96 km/h
Running performance: 4:37 min/km

Rank in course/Total: 14 (of 121)

Rank in course/Men: 12 (of 67)

Best time in course: 31:48

Rank in category: 3(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	19:22	4:50	3	1:00	12	3:57	4.00	19:22	4:50	3	1:00	12	3:57
Ilsenburg/Markt	4.70	20:47	4:25	3	1:16	13	4:24	8.70	40:09	4:36	3	2:16	12	8:21