



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Rohwedder, Dennis

Club: Drübeck
Number: 285

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 41:21

Speed: 11.61 km/h
Running performance: 4:45 min/km

Rank in course/Total: 18 (of 121)

Rank in course/Men: 14 (of 67)

Best time in course: 31:48

Rank in category: 1(of 4)

Best time in the category: 41:21

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 | 19:59 | 4:59 | 1 | - | 15 | 4:34 | 4.00 | 19:59 | 4:59 | 1 | - | 15 | 4:34 |
| Ilseburg/Markt | 4.70 | 21:22 | 4:32 | 1 | - | 15 | 4:59 | 8.70 | 41:21 | 4:45 | 1 | - | 14 | 9:33 |