



40. Oster-Ilsetalllauf
Ilsenburg / 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 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	19:59	4:59	1	-	15	4:34	4.00	19:59	4:59	1	-	15	4:34
Ilsenburg/Markt	4.70	21:22	4:32	1	-	15	4:59	8.70	41:21	4:45	1	-	14	9:33