



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Engelhardt, Cedric

Club: Stapelburg
Number: 217

Course: 8.70 km
8,7 km - Lauf

Category:
männliche Jugend U20 (18-19 Jahre)

Total time: 41:27

Speed: 11.58 km/h
Running performance: 4:46 min/km

Rank in course/Total: 19 (of 121)

Rank in course/Men: 15 (of 67)

Best time in course: 31:48

Rank in category: 1(of 1)

Best time in the category: 41:27

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	20:42	5:10	1	-	17	5:17	4.00	20:42	5:10	1	-	17	5:17
Ilseburg/Markt	4.70	20:45	4:24	1	-	11	4:22	8.70	41:27	4:45	1	-	15	9:39