



40. Oster-Ilsetalllauf  
Ilsenburg / 08.04.2023

Detailed evaluation

Heitmann, Michael

Club: Mud Monkeys Mahnburg  
Number: 231

Course: 8.70 km  
8,7 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 42:00

Speed: 11.43 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 22 (of 121)

Rank in course/Men: 17 (of 67)

Best time in course: 31:48

Rank in category: 3(of 12)

Best time in the category: 31:48

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	20:31	5:07	3	5:06	16	5:06	4.00	20:31	5:07	3	5:06	16	5:06
Ilsenburg/Markt	4.70	21:29	4:34	3	5:06	17	5:06	8.70	42:00	4:49	3	10:12	17	10:12