



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Gifhorn, Andreas

Club: Team Dillge/Gifhorn
Number: 224

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 42:41

Speed: 11.25 km/h
Running performance: 4:55 min/km

Rank in course/Total: 23 (of 121)

Rank in course/Men: 18 (of 67)

Best time in course: 31:48

Rank in category: 4(of 12)

Best time in the category: 31:48

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	20:49	5:12	4	5:24	18	5:24	4.00	20:49	5:12	4	5:24	18	5:24
Ilseburg/Markt	4.70	21:52	4:39	5	5:29	21	5:29	8.70	42:41	4:54	4	10:53	18	10:53