



# 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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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	