



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Kaufhold, Christian

Club: Darlingerode

Number: 241

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 43:01

Speed: 11.16 km/h

Running performance: 4:56 min/km

Rank in course/Total: 24 (of 121)

Rank in course/Men: 19 (of 67)

Best time in course: 31:48

Rank in category: 5(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 Tännatal	4.00	21:57	5:29	7	6:32	27	6:32	4.00	21:57	5:29	7	6:32	27	6:32
Ilsenburg/Markt	4.70	21:04	4:28	2	4:41	14	4:41	8.70	43:01	4:56	5	11:13	19	11:13