



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Köllner, Rüdiger

Club: NSV Wernigerode
Number: 251

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 43:14

Speed: 11.10 km/h
Running performance: 4:58 min/km

Rank in course/Total: 25 (of 121)

Rank in course/Men: 20 (of 67)

Best time in course: 31:48

Rank in category: 1(of 9)

Best time in the category: 43:14

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 Tännatal	4.00	20:58	5:14	1	-	19	5:33	4.00	20:58	5:14	1	-	19	5:33
Ilseburg/Markt	4.70	22:16	4:44	3	0:29	24	5:53	8.70	43:14	4:58	1	-	20	11:26