



40. Oster-Ilsetalllauf
Ilseburg / 08.04.2023

Detailed evaluation

Teclaw, Daniel

Club: Lubeck
Number: 298

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 43:30

Speed: 11.03 km/h
Running performance: 5:00 min/km

Rank in course/Total: 28 (of 121)

Rank in course/Men: 23 (of 67)

Best time in course: 31:48

Rank in category: 2(of 9)

Best time in the category: 43:14

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	21:43	5:25	3	0:45	25	6:18	4.00	21:43	5:25	3	0:45	25	6:18
Ilseburg/Markt	4.70	21:47	4:38	1	-	20	5:24	8.70	43:30	5:00	2	0:16	23	11:42