



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Wehmeier, Nicole

Club: Brockenlaufverein
Number: 309

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 43:37

Speed: 11.97 km/h
Running performance: 5:01 min/km

Rank in course/Total: 30 (of 121)

Rank in course/Women: 6 (of 54)

Best time in course: 38:09

Rank in category: 2 (of 3)

Best time in the category: 40:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Women	Behind Women	km	Time			min/km	Pos Women	Behind Women
Abzweig Tännental	4.00	21:11	5:17	2	1:36	9	2:43	4.00	21:11	5:17	2	1:36	9	2:43
Ilseburg/Markt	4.70	22:26	4:46	2	1:44	6	2:45	8.70	43:37	5:00	2	3:20	6	5:28