



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Albrecht, Frauke

Club: NSV Wernigerode
Number: 201

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 43:43

Speed: 11.94 km/h
Running performance: 5:01 min/km

Rank in course/Total: 32 (of 121)

Rank in course/Women: 8 (of 54)

Best time in course: 38:09

Rank in category: 1(of 3)

Best time in the category: 43:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännental	4.00	21:07	5:16	1	-	8	2:39	4.00	21:07	5:16	1	-	8	2:39
Ilsenburg/Markt	4.70	22:36	4:48	1	-	7	2:55	8.70	43:43	5:01	1	-	8	5:34