



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Steenfatt, Doris

Club: Altenau
Number: 142

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 43:37

Speed: 11.00 km/h
Running performance: 5:01 min/km

Rank in course/Total: 31 (of 121)

Rank in course/Women: 6 (of 54)

Best time in course: 38:09

Rank in category: 1(of 2)

Best time in the category: 43:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännental	4.00	21:01	5:15	1	-	7	2:33	4.00	21:01	5:15	1	-	7	2:33
Ilseburg/Markt	4.70	22:36	4:48	1	-	7	2:55	8.70	43:37	5:00	1	-	6	5:28