



40. Oster-Ilsetalllauf
Ilseburg / 08.04.2023

Detailed evaluation

Wedde-Lindenberg, Corinna

Number: 330

Course: 8.70 km

8,7 km - Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 44:33

Speed: 11.72 km/h

Running performance: 5:07 min/km

Rank in course/Total: 36 (of 121)

Rank in course/Women: 9 (of 54)

Best time in course: 38:09

Rank in category: 2(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.	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	21:54	5:28	2	0:47	11	3:26	4.00	21:54	5:28	2	0:47	11	3:26
Ilseburg/Markt	4.70	22:39	4:49	2	0:03	9	2:58	8.70	44:33	5:07	2	0:50	9	6:24