



40. Oster-Ilsetalllauf  
Ilsenburg / 08.04.2023

Detailed evaluation

Viehrig, Manuela

Club: Ilsenburg  
Number: 304

Course: 8.70 km  
8,7 km - Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 44:40

Speed: 11.69 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 38 (of 121)

Rank in course/Women: 10 (of 54)

Best time in course: 38:09

Rank in category: 1(of 12)

Best time in the category: 44:40

Intermediate times

Stage score

Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|-------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                   |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Abzweig Tännental | 4.00        | 21:50         | 5:27            | 2           | 2:06           | 10           | 3:22            | 4.00          | 21:50         | 5:27            | 2           | 2:06           | 10           | 3:22            |
| Ilsenburg/Markt   | 4.70        | 22:50         | 4:51            | 1           | -              | 10           | 3:09            | 8.70          | 44:40         | 5:08            | 1           | -              | 10           | 6:31            |