



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: 10.75 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 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	21:50	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