



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Kuthe, Dosefine

Club: Brockenlaufverein Ilsenburg
Number: 256

Course: 8.70 km
8,7 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 45:00

Speed: 10.67 km/h
Running performance: 5:10 min/km

Rank in course/Total: 39 (of 121)

Rank in course/Women: 11 (of 54)

Best time in course: 38:09

Rank in category: 2(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		Total		Total ranking		
						Pos Women	Behind Women	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännental	4.00	22:04	5:30	3	2:20	12	3:36	4.00	22:04	5:30	3	2:20	12	3:36
Ilsenburg/Markt	4.70	22:56	4:52	2	0:06	11	3:15	8.70	45:00	5:10	2	0:20	11	6:51