



40. Oster-Ilsetalllauf  
Ilsenburg / 08.04.2023

Detailed evaluation

Mueller, Phelia

Club: Bad Harzburg  
Number: 272

Course: 8.70 km  
8,7 km - Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 45:09

Speed: 10.63 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 40 (of 121)

Rank in course/Women: 12 (of 54)

Best time in course: 38:09

Rank in category: 3(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	19:44	4:56	1	-	5	1:16	4.00	19:44	4:56	1	-	5	1:16
Ilsenburg/Markt	4.70	25:25	5:24	8	2:35	23	5:44	8.70	45:09	5:11	3	0:29	12	7:00