



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Stallmann, Lena

Club: NSV Wernigerode
Number: 297

Course: 8.70 km
8,7 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 46:07

Speed: 10.41 km/h
Running performance: 5:18 min/km

Rank in course/Total: 48 (of 121)

Rank in course/Women: 14 (of 54)

Best time in course: 38:09

Rank in category: 5(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		Total ranking	
						Pos Women	Behind Women	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Abzweig Tännental	4.00	22:20	5:34	5	2:36	15	3:52	4.00	22:20	5:34	5	2:36	15	3:52	
Ilseburg/Markt	4.70	23:47	5:03	5	0:57	14	4:06	8.70	46:07	5:18	5	1:27	14	7:58	