



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Kolde, Katharina

Club: Ilsenburg
Number: 250

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 46:15

Speed: 10.38 km/h
Running performance: 5:19 min/km

Rank in course/Total: 50 (of 121)

Rank in course/Women: 15 (of 54)

Best time in course: 38:09

Rank in category: 2(of 9)

Best time in the category: 38:09

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	22:07	5:31	2	3:39	13	3:39	4.00	22:07	5:31	2	3:39	13	3:39
Ilsenburg/Markt	4.70	24:08	5:08	2	4:27	15	4:27	8.70	46:15	5:18	2	8:06	15	8:06