



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Hohmann, Kristin

Club: Wernigerode

Number: 233

Course: 8.70 km

8,7 km - Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 46:41

Speed: 10.28 km/h

Running performance: 5:22 min/km

Rank in course/Total: 54 (of 121)

Rank in course/Women: 16 (of 54)

Best time in course: 38:09

Rank in category: 3(of 12)

Best time in the category: 40:53

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	22:21	5:35	3	2:45	16	3:53	4.00	22:21	5:35	3	2:45	16	3:53
Ilseburg/Markt	4.70	24:20	5:10	3	3:03	16	4:39	8.70	46:41	5:21	3	5:48	16	8:32