



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: 11.18 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		Total		Total		Total ranking	
						Pos Women	Behind Women	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Abzweig Tännental	4.00	22:21	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	