



40. Oster-Ilsetalllauf
Ilseburg / 08.04.2023

Detailed evaluation

Dorresteijn, Evelien

Club: Braunschweig
Number: 319

Course: 8.70 km
8,7 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 48:50

Speed: 9.83 km/h
Running performance: 5:37 min/km

Rank in course/Total: 61 (of 121)

Rank in course/Women: 19 (of 54)

Best time in course: 38:09

Rank in category: 7(of 12)

Best time in the category: 44:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännental	4.00	25:06	6:16	10	5:22	29	6:38	4.00	25:06	6:16	10	5:22	29	6:38
Ilseburg/Markt	4.70	23:44	5:02	4	0:54	13	4:03	8.70	48:50	5:36	7	4:10	19	10:41