



40. Oster-Ilsetalllauf
Ilseburg / 08.04.2023

Detailed evaluation

Kick, Anja

Club: Blankenburger Wadenqual
Number: 243

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 48:53

Speed: 10.68 km/h
Running performance: 5:37 min/km

Rank in course/Total: 64 (of 121)

Rank in course/Women: 20 (of 54)

Best time in course: 38:09

Rank in category: 3(of 9)

Best time in the category: 38:09

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	23:50	5:57	3	5:22	18	5:22	4.00	23:50	5:57	3	5:22	18	5:22
Ilseburg/Markt	4.70	25:03	5:19	5	5:22	21	5:22	8.70	48:53	5:37	3	10:44	20	10:44