



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Ilgner, Carolin

Club: Tauchsportclub Halberstadt
Number: 236

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 49:08

Speed: 9.77 km/h
Running performance: 5:39 min/km

Rank in course/Total: 66 (of 121)

Rank in course/Women: 22 (of 54)

Best time in course: 38:09

Rank in category: 4(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		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women
						Pos	Behind	Total	Total	Total	Pos	Behind	Pos				
Abzweig Tännatal	4.00	24:44	6:11	6	6:16	26	6:16	4.00	24:44	6:11	6	6:16	26	6:16			
Ilsenburg/Markt	4.70	24:24	5:11	3	4:43	17	4:43	8.70	49:08	5:38	4	10:59	22	10:59			