



40. Oster-Ilsetalllauf
Ilseburg / 08.04.2023

Detailed evaluation

Schneevoigt, Romy

Club: Wernigerode
Number: 291

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 49:14

Speed: 9.75 km/h
Running performance: 5:40 min/km

Rank in course/Total: 68 (of 121)

Rank in course/Women: 23 (of 54)

Best time in course: 38:09

Rank in category: 5(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	24:23	6:05	4	5:55	24	5:55	4.00	24:23	6:05	4	5:55	24	5:55
Ilseburg/Markt	4.70	24:51	5:17	4	5:10	20	5:10	8.70	49:14	5:39	5	11:05	23	11:05