



40. Oster-Ilsetalllauf
Ilseburg / 08.04.2023

Detailed evaluation

Fischer, Wiebke

Club: Hexen Express
Number: 219

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 49:35

Speed: 9.68 km/h
Running performance: 5:42 min/km

Rank in course/Total: 70 (of 121)

Rank in course/Women: 25 (of 54)

Best time in course: 38:09

Rank in category: 4(of 12)

Best time in the category: 40:53

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	24:06	6:01	4	4:30	22	5:38	4.00	24:06	6:01	4	4:30	22	5:38
Ilseburg/Markt	4.70	25:29	5:25	4	4:12	25	5:48	8.70	49:35	5:41	4	8:42	25	11:26