



40. Oster-Ilsetalllauf  
Ilsenburg / 08.04.2023

Detailed evaluation

Suisuwan, Jaruwan

Club: Ilsenburg  
Number: 317

Course: 8.70 km  
8,7 km - Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 49:28

Speed: 9.70 km/h  
Running performance: 5:41 min/km

Rank in course/Total: 69 (of 121)

Rank in course/Women: 24 (of 54)

Best time in course: 38:09

Rank in category: 9(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	24:02	6:00	8	4:18	21	5:34	4.00	24:02	6:00	8	4:18	21	5:34
Ilsenburg/Markt	4.70	25:26	5:24	9	2:36	24	5:45	8.70	49:28	5:41	9	4:48	24	11:19