



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Daniel, Stefanie

Club: Wernigerode
Number: 208

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 49:56

Speed: 9.61 km/h
Running performance: 5:44 min/km

Rank in course/Total: 74 (of 121)

Rank in course/Women: 26 (of 54)

Best time in course: 38:09

Rank in category: 5(of 12)

Best time in the category: 40:53

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					
Abzweig Tännental	4.00	24:17	6:04	5	4:41	23	5:49	4.00	24:17	6:04	5	4:41	23	5:49			
Ilsenburg/Markt	4.70	25:39	5:27	6	4:22	27	5:58	8.70	49:56	5:44	5	9:03	26	11:47			