



# 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: 10.45 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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Women	Behind Women	km	Time			min/km	Pos Women	Behind Women
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