



40. Oster-Ilsetalllauf
Ilseburg / 08.04.2023

Detailed evaluation

Laube, Christin

Club: hzmakler & friends
Number: 260

Course: 8.70 km
8,7 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 50:28

Speed: 10.34 km/h
Running performance: 5:48 min/km

Rank in course/Total: 80 (of 121)

Rank in course/Women: 27 (of 54)

Best time in course: 38:09

Rank in category: 10(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	24:44	6:11	9	5:00	26	6:16	4.00	24:44	6:11	9	5:00	26	6:16
Ilseburg/Markt	4.70	25:44	5:28	10	2:54	28	6:03	8.70	50:28	5:48	10	5:48	27	12:19