



40. Oster-Ilsetalllauf
Ilsenburg / 08.04.2023

Detailed evaluation

Hartmann, Ulrike

Club: Drübeck
Number: 226

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 50:49

Speed: 9.45 km/h
Running performance: 5:50 min/km

Rank in course/Total: 82 (of 121)

Rank in course/Women: 28 (of 54)

Best time in course: 38:09

Rank in category: 6(of 9)

Best time in the category: 38:09

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	24:25	6:06	5	5:57	25	5:57	4.00	24:25	6:06	5	5:57	25	5:57
Ilsenburg/Markt	4.70	26:24	5:37	6	6:43	31	6:43	8.70	50:49	5:50	6	12:40	28	12:40