



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Anlanger, Christine

Club: Ilsenburg
Number: 325

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 50:52

Speed: 10.26 km/h
Running performance: 5:51 min/km

Rank in course/Total: 83 (of 121)

Rank in course/Women: 29 (of 54)

Best time in course: 38:09

Rank in category: 6(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännental	4.00	25:14	6:18	7	5:38	30	6:46	4.00	25:14	6:18	7	5:38	30	6:46
Ilsenburg/Markt	4.70	25:38	5:27	5	4:21	26	5:57	8.70	50:52	5:50	6	9:59	29	12:43