



# 40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

## Detailed evaluation

Hupe, Karin

Club: Lauffreunde Eichsfeld  
Number: 323

Course: 8.70 km  
8,7 km - Lauf

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 51:56

Speed: 10.05 km/h  
Running performance: 5:58 min/km

Rank in course/Total: 85 (of 121)

Rank in course/Women: 30 (of 54)

Best time in course: 38:09

Rank in category: 2(of 2)

Best time in the category: 43:37

## Intermediate times

## Stage score

## Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |        | Total |       | Total |     | Total  |    | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|--------|-------|-------|-------|-----|--------|----|-------------|----------------|--------------|-----------------|
|                   |             |               |                 |             |                | Pos         | Behind | Total | Total | Total | Pos | Behind |    |             |                |              |                 |
| Abzweig Tännental | 4.00        | 25:54         | 6:28            | 2           | 4:53           | 34          | 7:26   | 4.00  | 25:54 | 6:28  | 2   | 4:53   | 34 | 7:26        |                |              |                 |
| Ilsenburg/Markt   | 4.70        | 26:02         | 5:32            | 2           | 3:26           | 29          | 6:21   | 8.70  | 51:56 | 5:58  | 2   | 8:19   | 30 | 13:47       |                |              |                 |