



40. Oster-Ilsetalllauf
Ilseburg / 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: 9.24 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 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	25:54	6:28	2	4:53	34	7:26	4.00	25:54	6:28	2	4:53	34	7:26
Ilseburg/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