



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Henselmann, Silvia

Club: TuS Eintracht Bielefeld
Number: 232

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 51:58

Speed: 9.24 km/h
Running performance: 5:58 min/km

Rank in course/Total: 86 (of 121)

Rank in course/Women: 31 (of 54)

Best time in course: 38:09

Rank in category: 3(of 3)

Best time in the category: 43:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännental	4.00	25:48	6:27	3	4:41	33	7:20	4.00	25:48	6:27	3	4:41	33	7:20
Ilseburg/Markt	4.70	26:10	5:34	3	3:34	30	6:29	8.70	51:58	5:58	3	8:15	31	13:49