



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Sieboth, Katrin

Club: Wernigerode
Number: 328

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 52:12

Speed: 9.20 km/h
Running performance: 6:00 min/km

Rank in course/Total: 87 (of 121)

Rank in course/Women: 32 (of 54)

Best time in course: 38:09

Rank in category: 7(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 Tännatal	4.00	25:34	6:23	8	5:58	32	7:06	4.00	25:34	6:23	8	5:58	32	7:06
Ilsenburg/Markt	4.70	26:38	5:39	7	5:21	32	6:57	8.70	52:12	6:00	7	11:19	32	14:03