



40. Oster-Ilsetalllauf
Ilseburg / 08.04.2023

Detailed evaluation

Knippschild, Antje

Club: Brockenlaufverein
Number: 248

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 52:13

Speed: 9.19 km/h
Running performance: 6:00 min/km

Rank in course/Total: 88 (of 121)

Rank in course/Women: 33 (of 54)

Best time in course: 38:09

Rank in category: 8(of 12)

Best time in the category: 40:53

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	24:52	6:13	6	5:16	28	6:24	4.00	24:52	6:13	6	5:16	28	6:24
Ilseburg/Markt	4.70	27:21	5:49	8	6:04	34	7:40	8.70	52:13	6:00	8	11:20	33	14:04