



# 40. Oster-Ilsetalllauf

Ilsenburg / 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<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 Tännatal | 4.00        | 24:52         | 6:13            | 6           | 5:16           | 28          | 6:24   | 4.00  | 24:52 | 6:13  | 6   | 5:16   | 28 | 6:24        |                |              |                 |
| Ilsenburg/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       |                |              |                 |