



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Felsche, Manuela

Club: Halberstadt
Number: 218

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W60 (60-64 Jahre)

Total time: 53:05

Speed: 9.04 km/h
Running performance: 6:06 min/km

Rank in course/Total: 93 (of 121)

Rank in course/Women: 34 (of 54)

Best time in course: 38:09

Rank in category: 1(of 3)

Best time in the category: 53:05

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 Tännental	4.00	25:56	6:29	1	-	35	7:28	4.00	25:56	6:29	1	-	35	7:28
Ilseburg/Markt	4.70	27:09	5:46	1	-	33	7:28	8.70	53:05	6:06	1	-	34	14:56