



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Becker, Wiebke

Club: TSV 1893 Langeln
Number: 202

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 54:34

Speed: 8.80 km/h
Running performance: 6:16 min/km

Rank in course/Total: 95 (of 121)

Rank in course/Women: 35 (of 54)

Best time in course: 38:09

Rank in category: 9(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.	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	26:20	6:34	9	6:44	36	7:52	4.00	26:20	6:34	9	6:44	36	7:52
Ilsenburg/Markt	4.70	28:14	6:00	9	6:57	35	8:33	8.70	54:34	6:16	9	13:41	35	16:25