



# 40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

## Detailed evaluation

**Wolkersdorfer, Laura**

Club: Alfeld (Leine)  
Number: 316

Course: 8.70 km  
8,7 km - Lauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 54:38

Speed: 8.79 km/h  
Running performance: 6:17 min/km

Rank in course/Total: 96 (of 121)

Rank in course/Women: 36 (of 54)

Best time in course: 38:09

Rank in category: 1(of 1)

Best time in the category: 54:38

### 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	25:25	6:21	1	-	31	6:57	4.00	25:25	6:21	1	-	31	6:57
Ilsenburg/Markt	4.70	29:13	6:12	1	-	37	9:32	8.70	54:38	6:16	1	-	36	16:29