



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Langer, Constanze

Club: Wernigerode
Number: 258

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 56:42

Speed: 8.47 km/h
Running performance: 6:31 min/km

Rank in course/Total: 100 (of 121)

Rank in course/Women: 38 (of 54)

Best time in course: 38:09

Rank in category: 10(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 Tännatal	4.00	27:10	6:47	10	7:34	37	8:42	4.00	27:10	6:47	10	7:34	37	8:42
Ilseburg/Markt	4.70	29:32	6:17	10	8:15	39	9:51	8.70	56:42	6:31	10	15:49	38	18:33