



40. Oster-Ilsetalllauf  
Ilsenburg / 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<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|-------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                   |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Abzweig Tännental | 4.00        | 27:10         | 6:47            | 10          | 7:34           | 37           | 8:42            | 4.00          | 27:10         | 6:47            | 10          | 7:34           | 37           | 8:42            |
| Ilsenburg/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           |