



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Dillge, Mareike

Club: Team Dillge/Gifhorn
Number: 212

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 56:59

Speed: 8.42 km/h
Running performance: 6:33 min/km

Rank in course/Total: 102 (of 121)

Rank in course/Women: 39 (of 54)

Best time in course: 38:09

Rank in category: 7 (of 9)

Best time in the category: 38:09

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Women	Behind Women	Total km	Total Time			Total min/km	Pos Women	Behind Women
Abzweig Tännental	4.00	27:36	6:54	7	9:08	39	9:08	4.00	27:36	6:54	7	9:08	39	9:08
Ilseburg/Markt	4.70	29:23	6:15	7	9:42	38	9:42	8.70	56:59	6:32	7	18:50	39	18:50