



40. Oster-Ilsetalllauf
Ilseburg / 08.04.2023

Detailed evaluation

Körtge, Laura Jean

Club: Magdeburg
Number: 253

Course: 8.70 km
8,7 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 58:46

Speed: 8.88 km/h
Running performance: 6:45 min/km

Rank in course/Total: 104 (of 121)

Rank in course/Women: 40 (of 54)

Best time in course: 38:09

Rank in category: 11(of 12)

Best time in the category: 44:40

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 Tännental	4.00	28:54	7:13	11	9:10	45	10:26	4.00	28:54	7:13	11	9:10	45	10:26
Ilseburg/Markt	4.70	29:52	6:21	11	7:02	40	10:11	8.70	58:46	6:45	11	14:06	40	20:37