



40. Oster-Ilsetalllauf
Ilseburg / 08.04.2023

Detailed evaluation

Max, Andrea

Club: NIX tun kann JEDER
Number: 268

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W60 (60-64 Jahre)

Total time: 58:48

Speed: 8.16 km/h
Running performance: 6:46 min/km

Rank in course/Total: 105 (of 121)

Rank in course/Women: 41 (of 54)

Best time in course: 38:09

Rank in category: 2(of 3)

Best time in the category: 53:05

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	28:45	7:11	3	2:49	43	10:17	4.00	28:45	7:11	3	2:49	43	10:17
Ilseburg/Markt	4.70	30:03	6:23	2	2:54	41	10:22	8.70	58:48	6:45	2	5:43	41	20:39