



# 40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

## Detailed evaluation

**Walte, Helga**

Club: Abbenrode  
Number: 306

Course: 8.70 km  
8,7 km - Lauf

Category:  
Seniorinnen W65 (65-69 Jahre)

Total time: 59:25

Speed: 8.08 km/h  
Running performance: 6:50 min/km

Rank in course/Total: 106 (of 121)

Rank in course/Women: 42 (of 54)

Best time in course: 38:09

Rank in category: 2(of 4)

Best time in the category: 55:49

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	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	28:19	7:04	2	1:00	40	9:51	4.00	28:19	7:04	2	1:00	40	9:51
Ilseburg/Markt	4.70	31:06	6:37	2	2:36	42	11:25	8.70	59:25	6:49	2	3:36	42	21:16