



40. Oster-Ilsetalllauf

Ilsenburg / 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.	Stage score		Total		Total		Total		Total ranking	
						Pos Women	Behind Women	km	Time	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	
Ilsenburg/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	