



40. Oster-Ilsetalllauf
Ilsenburg / 08.04.2023

Detailed evaluation

Van Overmeir, Anne Linde

Club: Wageningen
Number: 318

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:00:28

Speed: 7.94 km/h
Running performance: 6:57 min/km

Rank in course/Total: 109 (of 121)

Rank in course/Women: 44 (of 54)

Best time in course: 38:09

Rank in category: 8(of 9)

Best time in the category: 38:09

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	28:53	7:13	8	10:25	44	10:25	4.00	28:53	7:13	8	10:25	44	10:25
Ilsenburg/Markt	4.70	31:35	6:43	8	11:54	44	11:54	8.70	1:00:28	6:57	8	22:19	44	22:19