



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Lindemann-Hackmann, Gitta

Club: MSV Eintracht Halberstadt
Number: 264

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W65 (65-69 Jahre)

Total time: 1:03:24

Speed: 7.57 km/h
Running performance: 7:17 min/km

Rank in course/Total: 113 (of 121)

Rank in course/Women: 46 (of 54)

Best time in course: 38:09

Rank in category: 3(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 ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännental	4.00	29:38	7:24	3	2:19	46	11:10	4.00	29:38	7:24	3	2:19	46	11:10
Ilseburg/Markt	4.70	33:46	7:11	3	5:16	46	14:05	8.70	1:03:24	7:17	3	7:35	46	25:15