



40. Oster-Ilsetalllauf
Ilseburg / 08.04.2023

Detailed evaluation

Weniger, Sabine

Club: Magdeburg
Number: 313

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:10:40

Speed: 7.39 km/h
Running performance: 8:07 min/km

Rank in course/Total: 118 (of 121)

Rank in course/Women: 51 (of 54)

Best time in course: 38:09

Rank in category: 12(of 12)

Best time in the category: 40:53

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	29:43	7:25	11	10:07	47	11:15	4.00	29:43	7:25	11	10:07	47	11:15
Ilseburg/Markt	4.70	40:57	8:42	12	19:40	54	21:16	8.70	1:10:40	8:07	12	29:47	51	32:31