



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Rochau, Iris

Club: LAV Halensia
Number: 284

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W70 (70-74 Jahre)

Total time: 1:10:49

Speed: 6.78 km/h
Running performance: 8:08 min/km

Rank in course/Total: 119 (of 121)

Rank in course/Women: 52 (of 54)

Best time in course: 38:09

Rank in category: 1(of 1)

Best time in the category: 1:10:49

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women
								km	Time	min/km	km	Time	min/km				
Abzweig Tännental	4.00	33:40	8:24	1	-	54	15:12	4.00	33:40	8:24	1	-	54	15:12			
Ilseburg/Markt	4.70	37:09	7:54	1	-	50	17:28	8.70	1:10:49	8:08	1	-	52	32:40			