



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Paulsen, Laura

Club: Darlingerode
Number: 276

Course: 8.70 km
8,7 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 1:11:34

Speed: 6.71 km/h
Running performance: 8:14 min/km

Rank in course/Total: 120 (of 121)

Rank in course/Women: 53 (of 54)

Best time in course: 38:09

Rank in category: 12(of 12)

Best time in the category: 44:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännatal	4.00	33:08	8:16	12	13:24	51	14:40	4.00	33:08	8:16	12	13:24	51	14:40
Ilseburg/Markt	4.70	38:26	8:10	12	15:36	52	18:45	8.70	1:11:34	8:13	12	26:54	53	33:25