



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Wenzel, Katrin

Club: Lüttgenrode
Number: 314

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:12:08

Speed: 7.24 km/h
Running performance: 8:17 min/km

Rank in course/Total: 121 (of 121)

Rank in course/Women: 54 (of 54)

Best time in course: 38:09

Rank in category: 9 (of 9)

Best time in the category: 38:09

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	33:02	8:15	9	14:34	50	14:34	4.00	33:02	8:15	9	14:34	50	14:34			
Ilseburg/Markt	4.70	39:06	8:19	9	19:25	53	19:25	8.70	1:12:08	8:17	9	33:59	54	33:59			