



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: 6.65 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 | Behind | Pos | Behind |
|-------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------|---------|--------|------|--------|-------|--------|
| | | | | | | | | km | Time | min/km | Cat. | Cat. | Women | Women |
| 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 |