



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Seel, Jana

Club: LAV 07 Bad Harzburg
Number: 119

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:15:36

Speed: 13.10 km/h
Running performance: 4:35 min/km

Rank in course/Total: 23 (of 135)

Rank in course/Women: 1 (of 33)

Best time in course: 1:15:36

Rank in category: 1(of 4)

Best time in the category: 1:15:36

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women
						Pos	Behind	Total	Total	Total	Pos	Behind					
Abzweig Tännental	4.00	18:27	4:36	1	-	1	-	4.00	18:27	4:36	1	-	1	-			
Plessenburg	3.00	21:04	7:01	1	-	1	-	7.00	39:31	5:38	1	-	1	-			
Abzweig rote Brü	3.00	14:52	4:57	1	-	1	-	10.00	54:23	5:26	1	-	1	-			
Ilseburg/Markt	6.50	21:13	3:15	1	-	1	-	16.50	1:15:36	4:34	1	-	1	-			