



40. Oster-Ilsetalllauf
Ilseburg / 08.04.2023

Detailed evaluation

Ritter, Elisa

Club: Halle
Number: 100

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:22:32

Speed: 11.63 km/h
Running performance: 5:00 min/km

Rank in course/Total: 36 (of 135)

Rank in course/Women: 2 (of 33)

Best time in course: 1:15:36

Rank in category: 2(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännental	4.00	20:39	5:09	2	2:12	2	2:12	4.00	20:39	5:09	2	2:12	2	2:12
Plessenburg	3.00	22:12	7:23	2	1:08	2	1:08	7.00	42:51	6:07	2	3:20	2	3:20
Abzweig rote Brü	3.00	16:33	5:30	2	1:41	3	1:41	10.00	59:24	5:56	2	5:01	2	5:01
Ilseburg/Markt	6.50	23:08	3:33	2	1:55	2	1:55	16.50	1:22:32	5:00	2	6:56	2	6:56