



# 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: 12.00 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<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|-------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                   |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>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            |