



# 40. Oster-Ilsetalllauf

Ilsenburg / 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         |
| Ilsenburg/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         |