



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Klockau, Cornelia

Club: SV Fortuna Halberstadt
Number: 3

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:24:07

Speed: 11.77 km/h
Running performance: 5:06 min/km

Rank in course/Total: 42 (of 135)

Rank in course/Women: 3 (of 33)

Best time in course: 1:15:36

Rank in category: 1(of 2)

Best time in the category: 1:24:07

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännatal	4.00	20:41	5:10	1	-	3	2:14	4.00	20:41	5:10	1	-	3	2:14
Plessenburg	3.00	23:10	7:43	1	-	3	2:06	7.00	43:51	6:15	1	-	3	4:20
Abzweig rote Brü	3.00	16:26	5:28	1	-	2	1:34	10.00	1:00:17	6:01	1	-	3	5:54
Ilseburg/Markt	6.50	23:50	3:39	1	-	3	2:37	16.50	1:24:07	5:05	1	-	3	8:31