



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Herbst, Simone

Club: SV Lok Blankenburg 1949 e.V.
Number: 54

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:27:49

Speed: 11.27 km/h
Running performance: 5:19 min/km

Rank in course/Total: 51 (of 135)

Rank in course/Women: 4 (of 33)

Best time in course: 1:15:36

Rank in category: 2(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 Tännental	4.00	21:14	5:18	2	0:33	4	2:47	4.00	21:14	5:18	2	0:33	4	2:47
Plessenburg	3.00	24:05	8:01	2	0:55	4	3:01	7.00	45:19	6:28	2	1:28	4	5:48
Abzweig rote Brü	3.00	17:32	5:50	2	1:06	4	2:40	10.00	1:02:51	6:17	2	2:34	4	8:28
Ilseburg/Markt	6.50	24:58	3:50	2	1:08	7	3:45	16.50	1:27:49	5:19	2	3:42	4	12:13