



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Pohl, Nadine

Club: Huy-Läuferinnen
Number: 92

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:28:52

Speed: 10.80 km/h
Running performance: 5:23 min/km

Rank in course/Total: 54 (of 135)

Rank in course/Women: 5 (of 33)

Best time in course: 1:15:36

Rank in category: 1(of 6)

Best time in the category: 1:28:52

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	22:10	5:32	1	-	6	3:43	4.00	22:10	5:32	1	-	6	3:43
Plessenburg	3.00	24:15	8:05	1	-	5	3:11	7.00	46:25	6:37	1	-	5	6:54
Abzweig rote Brücke	3.00	17:43	5:54	1	-	5	2:51	10.00	1:04:08	6:24	1	-	5	9:45
Ilsenburg/Markt	6.50	24:44	3:48	1	-	5	3:31	16.50	1:28:52	5:23	1	-	5	13:16