



# 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: 11.14 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        |