



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Roeßler, Ines

Club: Erdinger Team Active
Number: 1

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 1:29:30

Speed: 11.06 km/h
Running performance: 5:25 min/km

Rank in course/Total: 57 (of 135)

Rank in course/Women: 6 (of 33)

Best time in course: 1:15:36

Rank in category: 1(of 5)

Best time in the category: 1:29:30

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	21:59	5:29	1	-	5	3:32	4.00	21:59	5:29	1	-	5	3:32
Plessenburg	3.00	24:43	8:14	1	-	6	3:39	7.00	46:42	6:40	1	-	6	7:11
Abzweig rote Brü	3.00	17:45	5:55	1	-	7	2:53	10.00	1:04:27	6:26	1	-	6	10:04
Ilseburg/Markt	6.50	25:03	3:51	1	-	8	3:50	16.50	1:29:30	5:25	1	-	6	13:54