



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Müller, Malou

Club: Bad Harzburg
Number: 85

Course: 16.50 km
16,5 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 1:30:53

Speed: 10.89 km/h
Running performance: 5:31 min/km

Rank in course/Total: 62 (of 135)

Rank in course/Women: 7 (of 33)

Best time in course: 1:15:36

Rank in category: 1(of 5)

Best time in the category: 1:30:53

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	22:22	5:35	1	-	8	3:55	4.00	22:22	5:35	1	-	8	3:55
Plessenburg	3.00	25:37	8:32	1	-	9	4:33	7.00	47:59	6:51	1	-	7	8:28
Abzweig rote Brü	3.00	17:43	5:54	1	-	5	2:51	10.00	1:05:42	6:34	1	-	7	11:19
Ilsenburg/Markt	6.50	25:11	3:52	2	0:26	9	3:58	16.50	1:30:53	5:30	1	-	7	15:17