



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Weick, Anja

Club: FH Runners Berlin
Number: 135

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:31:36

Speed: 10.48 km/h
Running performance: 5:33 min/km

Rank in course/Total: 65 (of 135)

Rank in course/Women: 8 (of 33)

Best time in course: 1:15:36

Rank in category: 3(of 4)

Best time in the category: 1:15:36

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	23:26	5:51	3	4:59	14	4:59	4.00	23:26	5:51	3	4:59	14	4:59
Plessenburg	3.00	25:27	8:28	3	4:23	7	4:23	7.00	48:53	6:59	3	9:22	10	9:22
Abzweig rote Brü	3.00	18:00	6:00	3	3:08	9	3:08	10.00	1:06:53	6:41	3	12:30	9	12:30
Ilseburg/Markt	6.50	24:43	3:48	3	3:30	4	3:30	16.50	1:31:36	5:33	3	16:00	8	16:00