



40. Oster-Ilsetallauf

Ilseburg / 08.04.2023

Detailed evaluation

Geist, Kirsten

Club: Gaensefurther Sportbewegung
Number: 46

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 1:31:55

Speed: 10.77 km/h
Running performance: 5:34 min/km

Rank in course/Total: 67 (of 135)

Rank in course/Women: 9 (of 33)

Best time in course: 1:15:36

Rank in category: 2(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	22:38	5:39	2	0:39	9	4:11	4.00	22:38	5:39	2	0:39	9	4:11
Plessenburg	3.00	25:27	8:28	2	0:44	7	4:23	7.00	48:05	6:52	2	1:23	8	8:34
Abzweig rote Brü	3.00	18:05	6:01	2	0:20	10	3:13	10.00	1:06:10	6:37	2	1:43	8	11:47
Ilseburg/Markt	6.50	25:45	3:57	2	0:42	12	4:32	16.50	1:31:55	5:34	2	2:25	9	16:19