



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Otte, Paulina

Club: paulina.bracio
Number: 89

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:32:24

Speed: 10.71 km/h
Running performance: 5:36 min/km

Rank in course/Total: 72 (of 135)

Rank in course/Women: 10 (of 33)

Best time in course: 1:15:36

Rank in category: 1(of 6)

Best time in the category: 1:32:24

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännental	4.00	22:19	5:34	1	-	7	3:52	4.00	22:19	5:34	1	-	7	3:52
Plessenburg	3.00	26:22	8:47	2	0:09	14	5:18	7.00	48:41	6:57	1	-	9	9:10
Abzweig rote Brü	3.00	18:17	6:05	1	-	12	3:25	10.00	1:06:58	6:41	1	-	10	12:35
Ilseburg/Markt	6.50	25:26	3:54	1	-	10	4:13	16.50	1:32:24	5:36	1	-	10	16:48