



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Dickehut, Nancy

Club: Brockenlaufverein
Number: 20

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:32:54

Speed: 10.66 km/h
Running performance: 5:38 min/km

Rank in course/Total: 73 (of 135)

Rank in course/Women: 11 (of 33)

Best time in course: 1:15:36

Rank in category: 1(of 3)

Best time in the category: 1:32:54

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	23:02	5:45	2	0:14	12	4:35	4.00	23:02	5:45	2	0:14	12	4:35
Plessenburg	3.00	25:57	8:39	1	-	10	4:53	7.00	48:59	6:59	1	-	12	9:28
Abzweig rote Brü	3.00	18:13	6:04	1	-	11	3:21	10.00	1:07:12	6:43	1	-	11	12:49
Ilseburg/Markt	6.50	25:42	3:57	1	-	11	4:29	16.50	1:32:54	5:37	1	-	11	17:18