



40. Oster-Ilsetalllauf  
Ilsenburg / 08.04.2023

Detailed evaluation

Schenk, Liesbeth

Club: HSV 2002 Abt Triathlon  
Number: 145

Course: 16.50 km  
16,5 km - Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 1:33:17

Speed: 10.29 km/h  
Running performance: 5:39 min/km

Rank in course/Total: 74 (of 135)

Rank in course/Women: 12 (of 33)

Best time in course: 1:15:36

Rank in category: 2(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	24:38	6:09	3	2:16	17	6:11	4.00	24:38	6:09	3	2:16	17	6:11
Plessenburg	3.00	26:05	8:41	2	0:28	11	5:01	7.00	50:43	7:14	3	2:44	16	11:12
Abzweig rote Brü	3.00	17:49	5:56	2	0:06	8	2:57	10.00	1:08:32	6:51	2	2:50	14	14:09
Ilsenburg/Markt	6.50	24:45	3:48	1	-	6	3:32	16.50	1:33:17	5:39	2	2:24	12	17:41