



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Pfaff, Ludmilla

Club: WeRun4Fun e. V.
Number: 90

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:33:25

Speed: 10.60 km/h
Running performance: 5:40 min/km

Rank in course/Total: 77 (of 135)

Rank in course/Women: 13 (of 33)

Best time in course: 1:15:36

Rank in category: 2(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännental	4.00	22:45	5:41	2	0:26	10	4:18	4.00	22:45	5:41	2	0:26	10	4:18
Plessenburg	3.00	26:13	8:44	1	-	13	5:09	7.00	48:58	6:59	2	0:17	11	9:27
Abzweig rote Brü	3.00	18:23	6:07	2	0:06	13	3:31	10.00	1:07:21	6:44	2	0:23	12	12:58
Ilseburg/Markt	6.50	26:04	4:00	2	0:38	13	4:51	16.50	1:33:25	5:39	2	1:01	13	17:49