



# 40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

## Detailed evaluation

Hartmann, Frederike

Club: NSV Wernigerode  
Number: 50

Course: 16.50 km  
16,5 km - Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:35:01

Speed: 10.10 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 82 (of 135)

Rank in course/Women: 14 (of 33)

Best time in course: 1:15:36

Rank in category: 2(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	Total	Total	Pos	Behind	Pos	Behind
								km	Time	min/km	Cat.	Cat.	Women	Women
Abzweig Tännatal	4.00	22:48	5:42	1	-	11	4:21	4.00	22:48	5:42	1	-	11	4:21
Plessenburg	3.00	26:33	8:50	2	0:36	17	5:29	7.00	49:21	7:02	2	0:22	13	9:50
Abzweig rote Brü	3.00	19:05	6:21	2	0:52	14	4:13	10.00	1:08:26	6:50	2	1:14	13	14:03
Ilseburg/Markt	6.50	26:35	4:05	2	0:53	15	5:22	16.50	1:35:01	5:45	2	2:07	14	19:25