



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Wagner, Sophia

Club: MSV Eintracht Halberstadt
Number: 132

Course: 16.50 km
16,5 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 1:36:10

Speed: 10.29 km/h
Running performance: 5:50 min/km

Rank in course/Total: 83 (of 135)

Rank in course/Women: 15 (of 33)

Best time in course: 1:15:36

Rank in category: 3(of 5)

Best time in the category: 1:30:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Women	Behind Women	km	Time			min/km	Pos Women	Behind Women
Abzweig Tännatal	4.00	23:58	5:59	2	1:36	15	5:31	4.00	23:58	5:59	2	1:36	15	5:31
Plessenburg	3.00	26:06	8:42	3	0:29	12	5:02	7.00	50:04	7:09	2	2:05	15	10:33
Abzweig rote Brü	3.00	19:06	6:22	3	1:23	15	4:14	10.00	1:09:10	6:55	3	3:28	15	14:47
Ilseburg/Markt	6.50	27:00	4:09	3	2:15	17	5:47	16.50	1:36:10	5:49	3	5:17	15	20:34