



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Wienstroer, Antje

Club: Bokensdorf
Number: 137

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 1:36:50

Speed: 10.22 km/h
Running performance: 5:52 min/km

Rank in course/Total: 87 (of 135)

Rank in course/Women: 16 (of 33)

Best time in course: 1:15:36

Rank in category: 3(of 5)

Best time in the category: 1:29:30

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	24:36	6:09	3	2:37	16	6:09	4.00	24:36	6:09	3	2:37	16	6:09
Plessenburg	3.00	26:28	8:49	3	1:45	15	5:24	7.00	51:04	7:17	3	4:22	17	11:33
Abzweig rote Brü	3.00	19:29	6:29	3	1:44	16	4:37	10.00	1:10:33	7:03	3	6:06	17	16:10
Ilsenburg/Markt	6.50	26:17	4:02	3	1:14	14	5:04	16.50	1:36:50	5:52	3	7:20	16	21:14