



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Weiser, Britta

Club: Lüneburg
Number: 136

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:37:13

Speed: 10.18 km/h
Running performance: 5:53 min/km

Rank in course/Total: 88 (of 135)

Rank in course/Women: 17 (of 33)

Best time in course: 1:15:36

Rank in category: 2 (of 6)

Best time in the category: 1:28:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Abzweig Tännental	4.00	23:18	5:49	2	1:08	13	4:51	4.00	23:18	5:49	2	1:08	13	4:51	
Plessenburg	3.00	26:32	8:50	2	2:17	16	5:28	7.00	49:50	7:07	2	3:25	14	10:19	
Abzweig rote Brü	3.00	20:41	6:53	2	2:58	18	5:49	10.00	1:10:31	7:03	2	6:23	16	16:08	
Ilseburg/Markt	6.50	26:42	4:06	2	1:58	16	5:29	16.50	1:37:13	5:53	2	8:21	17	21:37	