



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Anja, Stwertetschka

Club: Blankenburg
Number: 4

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:40:12

Speed: 9.58 km/h
Running performance: 6:04 min/km

Rank in course/Total: 99 (of 135)

Rank in course/Women: 18 (of 33)

Best time in course: 1:15:36

Rank in category: 3(of 6)

Best time in the category: 1:32:24

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	24:41	6:10	3	2:22	18	6:14	4.00	24:41	6:10	3	2:22	18	6:14
Plessenburg	3.00	28:07	9:22	3	1:54	20	7:03	7.00	52:48	7:32	3	4:07	18	13:17
Abzweig rote Brü	3.00	19:46	6:35	3	1:29	17	4:54	10.00	1:12:34	7:15	3	5:36	18	18:11
Ilseburg/Markt	6.50	27:38	4:15	3	2:12	18	6:25	16.50	1:40:12	6:04	3	7:48	18	24:36