



40. Oster-Ilsetalllauf
Ilsenburg / 08.04.2023

Detailed evaluation

Brehsan, Mavie

Club: Ilsenburg
Number: 22

Course: 16.50 km
16,5 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 1:45:19

Speed: 9.12 km/h
Running performance: 6:23 min/km

Rank in course/Total: 103 (of 135)

Rank in course/Women: 19 (of 33)

Best time in course: 1:15:36

Rank in category: 4(of 5)

Best time in the category: 1:30:53

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	25:29	6:22	4	3:07	22	7:02	4.00	25:29	6:22	4	3:07	22	7:02
Plessenburg	3.00	27:59	9:19	4	2:22	18	6:55	7.00	53:28	7:38	4	5:29	19	13:57
Abzweig rote Brü	3.00	20:51	6:57	4	3:08	21	5:59	10.00	1:14:19	7:25	4	8:37	19	19:56
Ilsenburg/Markt	6.50	31:00	4:46	5	6:15	27	9:47	16.50	1:45:19	6:22	4	14:26	19	29:43