



40. Oster-Ilsetallauf
Ilseburg / 08.04.2023

Detailed evaluation

Collette, Nadine

Club: Ilseburg
Number: 29

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:45:19

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

Rank in course/Total: 104 (of 135)

Rank in course/Women: 19 (of 33)

Best time in course: 1:15:36

Rank in category: 3(of 6)

Best time in the category: 1:28:52

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 | 25:28 | 6:21 | 4 | 3:18 | 21 | 7:01 | 4.00 | 25:28 | 6:21 | 4 | 3:18 | 21 | 7:01 |
| Plessenburg | 3.00 | 28:00 | 9:20 | 3 | 3:45 | 19 | 6:56 | 7.00 | 53:28 | 7:38 | 3 | 7:03 | 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 | 3 | 10:11 | 19 | 19:56 |
| Ilseburg/Markt | 6.50 | 31:00 | 4:46 | 5 | 6:16 | 27 | 9:47 | 16.50 | 1:45:19 | 6:22 | 3 | 16:27 | 19 | 29:43 |