



40. Oster-Ilsetallauf
Ilsenburg / 08.04.2023

Detailed evaluation

Collette, Nadine

Club: Ilsenburg
Number: 29

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:45:19

Speed: 9.40 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	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
Ilsenburg/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