



40. Oster-Ilsetallauf

Ilseburg / 08.04.2023

Detailed evaluation

Ehrenfeld, Doreen

Club: Seeburg
Number: 37

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:45:29

Speed: 9.39 km/h
Running performance: 6:23 min/km

Rank in course/Total: 105 (of 135)

Rank in course/Women: 21 (of 33)

Best time in course: 1:15:36

Rank in category: 4(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	25:05	6:16	3	2:55	20	6:38	4.00	25:05	6:16	3	2:55	20	6:38
Plessenburg	3.00	29:56	9:58	5	5:41	25	8:52	7.00	55:01	7:51	4	8:36	21	15:30
Abzweig rote Brü	3.00	20:48	6:56	3	3:05	20	5:56	10.00	1:15:49	7:34	4	11:41	21	21:26
Ilseburg/Markt	6.50	29:40	4:33	4	4:56	24	8:27	16.50	1:45:29	6:23	4	16:37	21	29:53