



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Schneider, Kirsten

Club: Lehrte
Number: 114

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W60 (60-64 Jahre)

Total time: 1:45:54

Speed: 9.35 km/h
Running performance: 6:25 min/km

Rank in course/Total: 107 (of 135)

Rank in course/Women: 22 (of 33)

Best time in course: 1:15:36

Rank in category: 1(of 1)

Best time in the category: 1:45:54

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total	Total	Total	Pos	Behind	Pos	Behind
								km	Time	min/km	Cat.	Cat.	Women	Women
Abzweig Tännental	4.00	25:38	6:24	1	-	25	7:11	4.00	25:38	6:24	1	-	25	7:11
Plessenburg	3.00	30:09	10:02	1	-	26	9:05	7.00	55:47	7:58	1	-	22	16:16
Abzweig rote Brü	3.00	21:06	7:02	1	-	23	6:14	10.00	1:16:53	7:41	1	-	22	22:30
Ilseburg/Markt	6.50	29:01	4:27	1	-	20	7:48	16.50	1:45:54	6:25	1	-	22	30:18