



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Eggert, Irmgard

Club: Rennsteiglaufverein
Number: 36

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W70 (70-74 Jahre)

Total time: 1:46:50

Speed: 9.27 km/h
Running performance: 6:28 min/km

Rank in course/Total: 110 (of 135)

Rank in course/Women: 23 (of 33)

Best time in course: 1:15:36

Rank in category: 1(of 1)

Best time in the category: 1:46:50

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 Tännatal	4.00	24:53	6:13	1	-	19	6:26	4.00	24:53	6:13	1	-	19	6:26
Plessenburg	3.00	31:37	10:32	1	-	30	10:33	7.00	56:30	8:04	1	-	26	16:59
Abzweig rote Brü	3.00	20:41	6:53	1	-	18	5:49	10.00	1:17:11	7:43	1	-	23	22:48
Ilsenburg/Markt	6.50	29:39	4:33	1	-	23	8:26	16.50	1:46:50	6:28	1	-	23	31:14