



40. Oster-Ilsetallauf

Ilseburg / 08.04.2023

Detailed evaluation

Frieseke-Sukop, Annett

Club: Cross Athleticdogs e.V.
Number: 42

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:47:55

Speed: 9.17 km/h
Running performance: 6:32 min/km

Rank in course/Total: 113 (of 135)

Rank in course/Women: 24 (of 33)

Best time in course: 1:15:36

Rank in category: 5 (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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännental	4.00	25:30	6:22	5	3:20	24	7:03	4.00	25:30	6:22	5	3:20	24	7:03
Plessenburg	3.00	30:28	10:09	6	6:13	28	9:24	7.00	55:58	7:59	5	9:33	24	16:27
Abzweig rote Brü	3.00	22:29	7:29	5	4:46	27	7:37	10.00	1:18:27	7:50	5	14:19	24	24:04
Ilseburg/Markt	6.50	29:28	4:31	3	4:44	21	8:15	16.50	1:47:55	6:32	5	19:03	24	32:19