



40. Oster-Ilsetalllauf

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 |