



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Frieseke, Emily

Club: Cross Athleticdogs e.V.
Number: 41

Course: 16.50 km
16,5 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 1:47:56

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

Rank in course/Total: 114 (of 135)

Rank in course/Women: 25 (of 33)

Best time in course: 1:15:36

Rank in category: 5(of 5)

Best time in the category: 1:30:53

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	25:29	6:22	4	3:07	22	7:02	4.00	25:29	6:22	4	3:07	22	7:02
Plessenburg	3.00	30:27	10:09	5	4:50	27	9:23	7.00	55:56	7:59	5	7:57	23	16:25
Abzweig rote Brü	3.00	22:31	7:30	5	4:48	28	7:39	10.00	1:18:27	7:50	5	12:45	24	24:04
Ilseburg/Markt	6.50	29:29	4:32	4	4:44	22	8:16	16.50	1:47:56	6:32	5	17:03	25	32:20