



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Becker, Petra

Club: Gaensefurther-Sportbewegung
Number: 10

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 1:49:18

Speed: 9.06 km/h
Running performance: 6:37 min/km

Rank in course/Total: 117 (of 135)

Rank in course/Women: 26 (of 33)

Best time in course: 1:15:36

Rank in category: 4(of 5)

Best time in the category: 1:29:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännental	4.00	27:33	6:53	5	5:34	30	9:06	4.00	27:33	6:53	5	5:34	30	9:06
Plessenburg	3.00	32:30	10:50	5	7:47	32	11:26	7.00	1:00:03	8:34	5	13:21	31	20:32
Abzweig rote Brü	3.00	21:35	7:11	4	3:50	25	6:43	10.00	1:21:38	8:09	5	17:11	31	27:15
Ilseburg/Markt	6.50	27:40	4:15	4	2:37	19	6:27	16.50	1:49:18	6:37	4	19:48	26	33:42