



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Scholz, Annerose

Club: Blau Weiß Hettstedt
Number: 115

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 1:49:44

Speed: 8.75 km/h
Running performance: 6:39 min/km

Rank in course/Total: 120 (of 135)

Rank in course/Women: 27 (of 33)

Best time in course: 1:15:36

Rank in category: 5(of 5)

Best time in the category: 1:29:30

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 Tännental	4.00	26:42	6:40	4	4:43	26	8:15	4.00	26:42	6:40	4	4:43	26	8:15
Plessenburg	3.00	29:44	9:54	4	5:01	23	8:40	7.00	56:26	8:03	4	9:44	25	16:55
Abzweig rote Brü	3.00	22:06	7:22	5	4:21	26	7:14	10.00	1:18:32	7:51	4	14:05	26	24:09
Ilseburg/Markt	6.50	31:12	4:47	5	6:09	31	9:59	16.50	1:49:44	6:39	5	20:14	27	34:08