



40. Oster-Ilsetallauf

Ilsenburg / 08.04.2023

Detailed evaluation

Wadehn, Martina

Club: Darlingerode
Number: 131

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:50:56

Speed: 8.92 km/h
Running performance: 6:43 min/km

Rank in course/Total: 124 (of 135)

Rank in course/Women: 30 (of 33)

Best time in course: 1:15:36

Rank in category: 6(of 6)

Best time in the category: 1:32:24

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 Tännatal	4.00	27:12	6:47	4	4:53	28	8:45	4.00	27:12	6:47	4	4:53	28	8:45
Plessenburg	3.00	31:04	10:21	6	4:51	29	10:00	7.00	58:16	8:19	6	9:35	30	18:45
Abzweig rote Brü	3.00	21:32	7:10	4	3:15	24	6:40	10.00	1:19:48	7:58	4	12:50	27	25:25
Ilsenburg/Markt	6.50	31:08	4:47	6	5:42	30	9:55	16.50	1:50:56	6:43	6	18:32	30	35:20