



40. Oster-Ilsetalllauf

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: 8.65 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 | 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 | 27:12 | 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 |