



40. Oster-Ilsetallauf

Ilseburg / 08.04.2023

Detailed evaluation

Lippelt, Janine

Club: TSV Destedt
Number: 79

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:50:52

Speed: 8.66 km/h
Running performance: 6:43 min/km

Rank in course/Total: 123 (of 135)

Rank in course/Women: 28 (of 33)

Best time in course: 1:15:36

Rank in category: 4 (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 Tännental	4.00	27:41	6:55	5	5:22	31	9:14	4.00	27:41	6:55	5	5:22	31	9:14
Plessenburg	3.00	29:29	9:49	4	3:16	21	8:25	7.00	57:10	8:09	4	8:29	27	17:39
Abzweig rote Brü	3.00	22:58	7:39	6	4:41	31	8:06	10.00	1:20:08	8:00	5	13:10	28	25:45
Ilseburg/Markt	6.50	30:44	4:43	4	5:18	25	9:31	16.50	1:50:52	6:43	4	18:28	28	35:16