



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Bothe, Nancy

Club: Gaensefurther Sportbewegung
Number: 19

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:51:17

Speed: 8.63 km/h
Running performance: 6:44 min/km

Rank in course/Total: 126 (of 135)

Rank in course/Women: 31 (of 33)

Best time in course: 1:15:36

Rank in category: 6(of 6)

Best time in the category: 1:28:52

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	27:32	6:53	6	5:22	29	9:05	4.00	27:32	6:53	6	5:22	29	9:05
Plessenburg	3.00	29:47	9:55	4	5:32	24	8:43	7.00	57:19	8:11	6	10:54	29	17:48
Abzweig rote Brü	3.00	22:57	7:38	6	5:14	29	8:05	10.00	1:20:16	8:01	6	16:08	30	25:53
Ilseburg/Markt	6.50	31:01	4:46	6	6:17	29	9:48	16.50	1:51:17	6:44	6	22:25	31	35:41