



40. Oster-Ilsetallauf

Ilseburg / 08.04.2023

Detailed evaluation

Kasperkowitz, Kim

Club: Ausdauerschule bunert
Number: 66

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:56:30

Speed: 8.50 km/h
Running performance: 7:04 min/km

Rank in course/Total: 131 (of 135)

Rank in course/Women: 32 (of 33)

Best time in course: 1:15:36

Rank in category: 3(of 3)

Best time in the category: 1:32:54

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	28:27	7:06	3	5:39	33	10:00	4.00	28:27	7:06	3	5:39	33	10:00
Plessenburg	3.00	31:55	10:38	3	5:58	31	10:51	7.00	1:00:22	8:37	3	11:23	32	20:51
Abzweig rote Brü	3.00	24:32	8:10	3	6:19	32	9:40	10.00	1:24:54	8:29	3	17:42	32	30:31
Ilseburg/Markt	6.50	31:36	4:51	3	5:54	32	10:23	16.50	1:56:30	7:03	3	23:36	32	40:54