



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Lippel, Jennifer

Club: erst laufen dann saufen
Number: 78

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 2:05:42

Speed: 7.64 km/h
Running performance: 7:37 min/km

Rank in course/Total: 134 (of 135)

Rank in course/Women: 33 (of 33)

Best time in course: 1:15:36

Rank in category: 4(of 4)

Best time in the category: 1:15:36

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	26:59	6:44	4	8:32	27	8:32	4.00	26:59	6:44	4	8:32	27	8:32
Plessenburg	3.00	38:25	12:48	4	17:21	33	17:21	7.00	1:05:24	9:20	4	25:53	33	25:53
Abzweig rote Brü	3.00	27:33	9:11	4	12:41	33	12:41	10.00	1:32:57	9:17	4	38:34	33	38:34
Ilseburg/Markt	6.50	32:45	5:02	4	11:32	33	11:32	16.50	2:05:42	7:37	4	50:06	33	50:06