



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Portwig, Jennifer

Club: Ohne
Number: 281

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 48:45

Speed: 9.85 km/h
Running performance: 5:36 min/km

Rank in course/Total: 60 (of 121)

Rank in course/Women: 18 (of 54)

Best time in course: 38:09

Rank in category: 3(of 3)

Best time in the category: 40:17

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	24:00	6:00	3	4:25	20	5:32	4.00	24:00	6:00	3	4:25	20	5:32
Ilsenburg/Markt	4.70	24:45	5:15	3	4:03	19	5:04	8.70	48:45	5:36	3	8:28	18	10:36