



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Koch, Jessica

Club: WSV 21 Wolfenbüttel
Number: 249

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 38:09

Speed: 12.58 km/h
Running performance: 4:23 min/km

Rank in course/Total: 9 (of 121)

Rank in course/Women: 1 (of 54)

Best time in course: 38:09

Rank in category: 1 (of 9)

Best time in the category: 38:09

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Abzweig Tännental	4.00	18:28	4:36	1	-	1	-	4.00	18:28	4:36	1	-	1	-
Ilseburg/Markt	4.70	19:41	4:11	1	-	1	-	8.70	38:09	4:23	1	-	1	-