



40. Oster-Ilsetalllauf
Ilsenburg / 08.04.2023

Detailed evaluation

Brandecker, Yvonne

Club: Harz-Gebirgslauf Wernigerode
Number: 207

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 40:17

Speed: 12.96 km/h
Running performance: 4:38 min/km

Rank in course/Total: 15 (of 121)

Rank in course/Women: 3 (of 54)

Best time in course: 38:09

Rank in category: 1(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	19:35	4:53	1	-	3	1:07	4.00	19:35	4:53	1	-	3	1:07
Ilsenburg/Markt	4.70	20:42	4:24	1	-	3	1:01	8.70	40:17	4:37	1	-	3	2:08