



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: 11.92 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<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|-------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                   |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>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            |