



40. Oster-Ilsetalllauf
Ilsenburg / 08.04.2023

Detailed evaluation

Lehmann, Kerstin

Club: Harz-Gebirgslauf Wernigerode
Number: 263

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 40:53

Speed: 11.74 km/h
Running performance: 4:42 min/km

Rank in course/Total: 16 (of 121)

Rank in course/Women: 4 (of 54)

Best time in course: 38:09

Rank in category: 1(of 12)

Best time in the category: 40:53

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	19:36	4:54	1	-	4	1:08	4.00	19:36	4:54	1	-	4	1:08
Ilsenburg/Markt	4.70	21:17	4:31	1	-	4	1:36	8.70	40:53	4:41	1	-	4	2:44