



# 40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

## Detailed evaluation

Krämer, Sina

Club: Gifhorn

Number: 327

Course: 8.70 km

8,7 km - Lauf

Category:

Frauen (20-29 Jahre)

Total time: 45:17

Speed: 10.60 km/h

Running performance: 5:12 min/km

Rank in course/Total: 41 (of 121)

Rank in course/Women: 13 (of 54)

Best time in course: 38:09

Rank in category: 4(of 12)

Best time in the category: 44:40

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Women	Behind Women	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännental	4.00	22:13	5:33	4	2:29	14	3:45	4.00	22:13	5:33	4	2:29	14	3:45
Ilseburg/Markt	4.70	23:04	4:54	3	0:14	12	3:23	8.70	45:17	5:12	4	0:37	13	7:08