



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: 11.53 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	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	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