



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Kilian, Elke

Club: NIX tun kann JEDER
Number: 244

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W65 (65-69 Jahre)

Total time: 55:49

Speed: 8.60 km/h
Running performance: 6:25 min/km

Rank in course/Total: 98 (of 121)

Rank in course/Women: 37 (of 54)

Best time in course: 38:09

Rank in category: 1(of 4)

Best time in the category: 55:49

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	27:19	6:49	1	-	38	8:51	4.00	27:19	6:49	1	-	38	8:51
Ilseburg/Markt	4.70	28:30	6:03	1	-	36	8:49	8.70	55:49	6:24	1	-	37	17:40