



40. Oster-Ilsetalllauf  
Ilseburg / 08.04.2023

Detailed evaluation

**Burdanowski, Sarah**

Club: Flotti Karotti  
Number: 321

Course: 8.70 km  
8,7 km - Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:08:19

Speed: 7.03 km/h  
Running performance: 7:51 min/km

Rank in course/Total: 114 (of 121)

Rank in course/Women: 47 (of 54)

Best time in course: 38:09

Rank in category: 11(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	32:07	8:01	12	12:31	49	13:39	4.00	32:07	8:01	12	12:31	49	13:39
Ilseburg/Markt	4.70	36:12	7:42	11	14:55	49	16:31	8.70	1:08:19	7:51	11	27:26	47	30:10