



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Klementz, Sandra

Club: LC Blueliner

Number: 247

Course: 8.70 km

8,7 km - Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 41:37

Speed: 12.54 km/h

Running performance: 4:47 min/km

Rank in course/Total: 21 (of 121)

Rank in course/Women: 5 (of 54)

Best time in course: 38:09

Rank in category: 2(of 12)

Best time in the category: 40:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännental	4.00	19:52	4:58	2	0:16	6	1:24	4.00	19:52	4:58	2	0:16	6	1:24
Ilseburg/Markt	4.70	21:45	4:37	2	0:28	5	2:04	8.70	41:37	4:47	2	0:44	5	3:28