



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Sandra Klementz

Club: LC Blueliner
Number: 281

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W40 (40-44)

Total time: 43:35

Speed: 11.01 km/h
Running performance: 5:00 min/km

Rank in course/Total: 33 (of 124)

Rank in course/Women: 6 (of 55)

Best time in course: 39:08

Rank in category: 2(of 13)

Best time in the category: 40:33

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	20:50	5:12	2	1:28	5	1:55	4.00	20:50	5:12	2	1:28	5	1:55
Ilseburg/Markt	4.70	22:45	4:50	2	1:34	6	2:32	8.70	43:35	5:00	2	3:02	6	4:27