



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Svenja Bode

Number: 225

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W40 (40-44)

Total time: 47:27

Speed: 10.12 km/h

Running performance: 5:27 min/km

Rank in course/Total: 45 (of 124)

Rank in course/Women: 8 (of 55)

Best time in course: 39:08

Rank in category: 3(of 13)

Best time in the category: 40:33

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	22:52	5:43	3	3:30	8	3:57	4.00	22:52	5:43	3	3:30	8	3:57
Ilseburg/Markt	4.70	24:35	5:13	3	3:24	8	4:22	8.70	47:27	5:27	3	6:54	8	8:19