



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Viv Bode

Club: BergBodies
Number: 226

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W40 (40-44)

Total time: 53:01

Speed: 9.05 km/h
Running performance: 6:05 min/km

Rank in course/Total: 74 (of 124)

Rank in course/Women: 20 (of 55)

Best time in course: 39:08

Rank in category: 7(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	27:20	6:49	10	7:58	26	8:25	4.00	27:20	6:49	10	7:58	26	8:25
Ilseburg/Markt	4.70	25:41	5:27	4	4:30	12	5:28	8.70	53:01	6:05	7	12:28	20	13:53