



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Constanze Langer

Club: Hexenexpress
Number: 294

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W40 (40-44)

Total time: 55:53

Speed: 8.59 km/h
Running performance: 6:25 min/km

Rank in course/Total: 81 (of 124)

Rank in course/Women: 24 (of 55)

Best time in course: 39:08

Rank in category: 9(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 | 26:27 | 6:36 | 8 | 7:05 | 23 | 7:32 | 4.00 | 26:27 | 6:36 | 8 | 7:05 | 23 | 7:32 |
| Ilseburg/Markt | 4.70 | 29:26 | 6:15 | 9 | 8:15 | 25 | 9:13 | 8.70 | 55:53 | 6:25 | 9 | 15:20 | 24 | 16:45 |