



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: 9.34 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