



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Sylke Piatkowski**

Club: PHYSIoCUS

Number: 319

Course: 8.70 km

8,7 km - Lauf

Category:

Seniorinnen W45 (45-49)

Total time: 42:58

Speed: 11.17 km/h

Running performance: 4:56 min/km

Rank in course/Total: 29 (of 124)

Rank in course/Women: 5 (of 55)

Best time in course: 39:08

Rank in category: 1(of 2)

Best time in the category: 42:58

### 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	20:46	5:11	1	-	4	1:51	4.00	20:46	5:11	1	-	4	1:51
Ilseburg/Markt	4.70	22:12	4:43	1	-	5	1:59	8.70	42:58	4:56	1	-	5	3:50