



41. Oster-Ilsetalllauf
Ilseburg / 30.03.2024

Detailed evaluation

Sabine Weniger

Number: 355

Course: 8.70 km

8,7 km - Lauf

Category:

Seniorinnen W45 (45-49)

Total time: 1:04:27

Speed: 7.45 km/h

Running performance: 7:24 min/km

Rank in course/Total: 109 (of 124)

Rank in course/Women: 44 (of 55)

Best time in course: 39:08

Rank in category: 2(of 2)

Best time in the category: 42:58

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	31:07	7:46	2	10:21	47	12:12	4.00	31:07	7:46	2	10:21	47	12:12
Ilseburg/Markt	4.70	33:20	7:05	2	11:08	44	13:07	8.70	1:04:27	7:24	2	21:29	44	25:19