



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Elke Kilian

Club: NIX tun kann JEDER
Number: 277

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W65 (65-69)

Total time: 58:18

Speed: 8.95 km/h
Running performance: 6:42 min/km

Rank in course/Total: 92 (of 124)

Rank in course/Women: 31 (of 55)

Best time in course: 39:08

Rank in category: 1(of 2)

Best time in the category: 58:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	28:15	7:03	1	-	32	9:20	4.00	28:15	7:03	1	-	32	9:20
Ilseburg/Markt	4.70	30:03	6:23	1	-	29	9:50	8.70	58:18	6:42	1	-	31	19:10