



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: 8.23 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 |