



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Janine Knopf

Number: 284

Course: 8.70 km

8,7 km - Lauf

Category:

Seniorinnen W30 (30-34)

Total time: 50:28

Speed: 9.51 km/h

Running performance: 5:48 min/km

Rank in course/Total: 59 (of 124)

Rank in course/Women: 14 (of 55)

Best time in course: 39:08

Rank in category: 1(of 3)

Best time in the category: 50:28

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Abzweig Tännental	4.00	24:27	6:06	1	-	11	5:32	4.00	24:27	6:06	1	-	11	5:32
Ilseburg/Markt	4.70	26:01	5:32	1	-	16	5:48	8.70	50:28	5:48	1	-	14	11:20