



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Antonia Strübel

Number: 342

Course: 8.70 km

8,7 km - Lauf

Category:

Seniorinnen W30 (30-34)

Total time: 1:00:14

Speed: 7.97 km/h

Running performance: 6:55 min/km

Rank in course/Total: 100 (of 124)

Rank in course/Women: 36 (of 55)

Best time in course: 39:08

Rank in category: 2(of 3)

Best time in the category: 50:28

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	28:40	7:10	2	4:13	36	9:45	4.00	28:40	7:10	2	4:13	36	9:45
Ilseburg/Markt	4.70	31:34	6:42	2	5:33	40	11:21	8.70	1:00:14	6:55	2	9:46	36	21:06