



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Carmen Christin Lukasik

Club: Harzer Sportverein Wernigerode e.V.
Number: 306

Course: 8.70 km

8,7 km - Lauf

Category:

Seniorinnen W30 (30-34)

Total time: 1:04:29

Speed: 7.44 km/h

Running performance: 7:24 min/km

Rank in course/Total: 110 (of 124)

Rank in course/Women: 45 (of 55)

Best time in course: 39:08

Rank in category: 3(of 3)

Best time in the category: 50:28

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	31:02	7:45	3	6:35	45	12:07	4.00	31:02	7:45	3	6:35	45	12:07
Ilseburg/Markt	4.70	33:27	7:07	3	7:26	45	13:14	8.70	1:04:29	7:24	3	14:01	45	25:21