



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 |