



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Katharina Freudenberg

Number: 253

Course: 8.70 km

8,7 km - Lauf

Category:

Seniorinnen W35 (35-39)

Total time: 50:17

Speed: 10.38 km/h

Running performance: 5:46 min/km

Rank in course/Total: 57 (of 124)

Rank in course/Women: 12 (of 55)

Best time in course: 39:08

Rank in category: 1(of 4)

Best time in the category: 50:17

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	24:34	6:08	1	-	14	5:39	4.00	24:34	6:08	1	-	14	5:39
Ilseburg/Markt	4.70	25:43	5:28	1	-	13	5:30	8.70	50:17	5:46	1	-	12	11:09