



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Juliane Khaze

Number: 276

Course: 8.70 km

8,7 km - Lauf

Category:

Seniorinnen W35 (35-39)

Total time: 51:25

Speed: 9.34 km/h

Running performance: 5:54 min/km

Rank in course/Total: 65 (of 124)

Rank in course/Women: 16 (of 55)

Best time in course: 39:08

Rank in category: 2(of 4)

Best time in the category: 50:17

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	24:53	6:13	2	0:19	16	5:58	4.00	24:53	6:13	2	0:19	16	5:58
Ilseburg/Markt	4.70	26:32	5:38	2	0:49	19	6:19	8.70	51:25	5:54	2	1:08	16	12:17