



41. Oster-Ilsetalllauf
Ilseburg / 30.03.2024

Detailed evaluation

Ines Haselberger

Number: 262

Course: 8.70 km

8,7 km - Lauf

Category:

Seniorinnen W35 (35-39)

Total time: 1:00:27

Speed: 7.94 km/h

Running performance: 6:56 min/km

Rank in course/Total: 102 (of 124)

Rank in course/Women: 38 (of 55)

Best time in course: 39:08

Rank in category: 3(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	29:16	7:18	3	4:42	39	10:21	4.00	29:16	7:18	3	4:42	39	10:21
Ilseburg/Markt	4.70	31:11	6:38	3	5:28	37	10:58	8.70	1:00:27	6:56	3	10:10	38	21:19