



41. Oster-Ilsetalllauf  
Ilseburg / 30.03.2024

Detailed evaluation

Jacqueline Puschmann

Number: 322

Course: 8.70 km

8,7 km - Lauf

Category:

Seniorinnen W35 (35-39)

Total time: 1:00:58

Speed: 7.87 km/h

Running performance: 7:00 min/km

Rank in course/Total: 103 (of 124)

Rank in course/Women: 39 (of 55)

Best time in course: 39:08

Rank in category: 4(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	29:28	7:21	4	4:54	40	10:33	4.00	29:28	7:21	4	4:54	40	10:33
Ilseburg/Markt	4.70	31:30	6:42	4	5:47	38	11:17	8.70	1:00:58	7:00	4	10:41	39	21:50