



41. Oster-Ilsetalllauf

Ilsenburg / 30.03.2024

Detailed evaluation

Kerstin Lehmann

Club: Harz-Gebirgslauf Wernigerode

Number: 300

Course: 8.70 km

8,7 km - Lauf

Category:

Seniorinnen W40 (40-44)

Total time: 40:33

Speed: 11.84 km/h

Running performance: 4:39 min/km

Rank in course/Total: 19 (of 124)

Rank in course/Women: 2 (of 55)

Best time in course: 39:08

Rank in category: 1(of 13)

Best time in the category: 40:33

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	19:22	4:50	1	-	3	0:27	4.00	19:22	4:50	1	-	3	0:27
Ilsenburg/Markt	4.70	21:11	4:30	1	-	2	0:58	8.70	40:33	4:39	1	-	2	1:25