



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Wiebke Fischer

Club: Hexen Express
Number: 250

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W40 (40-44)

Total time: 50:17

Speed: 10.38 km/h
Running performance: 5:46 min/km

Rank in course/Total: 58 (of 124)

Rank in course/Women: 12 (of 55)

Best time in course: 39:08

Rank in category: 4(of 13)

Best time in the category: 40:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännental	4.00	24:33	6:08	5	5:11	13	5:38	4.00	24:33	6:08	5	5:11	13	5:38
Ilseburg/Markt	4.70	25:44	5:28	5	4:33	14	5:31	8.70	50:17	5:46	4	9:44	12	11:09