



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Nancy Dickehut

Club: Brockenlaufverein
Number: 239

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W40 (40-44)

Total time: 51:22

Speed: 9.34 km/h
Running performance: 5:54 min/km

Rank in course/Total: 64 (of 124)

Rank in course/Women: 15 (of 55)

Best time in course: 39:08

Rank in category: 5(of 13)

Best time in the category: 40:33

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	24:32	6:08	4	5:10	12	5:37	4.00	24:32	6:08	4	5:10	12	5:37
Ilseburg/Markt	4.70	26:50	5:42	7	5:39	20	6:37	8.70	51:22	5:54	5	10:49	15	12:14