



# 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	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	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	24:32	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