



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Stefanie Busack

Club: S.V. Eintracht Salzwedel e.v.
Number: 234

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W40 (40-44)

Total time: 55:47

Speed: 9.36 km/h
Running performance: 6:24 min/km

Rank in course/Total: 80 (of 124)

Rank in course/Women: 23 (of 55)

Best time in course: 39:08

Rank in category: 8(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	27:12	6:47	9	7:50	25	8:17	4.00	27:12	6:47	9	7:50	25	8:17
Ilseburg/Markt	4.70	28:35	6:04	8	7:24	23	8:22	8.70	55:47	6:24	8	15:14	23	16:39