



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

Mareike Reisig

Number: 326

Course: 8.70 km

8,7 km - Lauf

Category:

Seniorinnen W40 (40-44)

Total time: 57:05

Speed: 9.14 km/h

Running performance: 6:33 min/km

Rank in course/Total: 83 (of 124)

Rank in course/Women: 26 (of 55)

Best time in course: 39:08

Rank in category: 10(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		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women
						Pos Women	Behind Women	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women				
Abzweig Tännental	4.00	26:14	6:33	7	6:52	20	7:19	4.00	26:14	6:33	7	6:52	20	7:19			
Ilseburg/Markt	4.70	30:51	6:33	11	9:40	33	10:38	8.70	57:05	6:33	10	16:32	26	17:57			