



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Nadine Bollmann

Club: SV Lok Blankenburg 1949 e.V.
Number: 228

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W40 (40-44)

Total time: 57:53

Speed: 8.29 km/h
Running performance: 6:39 min/km

Rank in course/Total: 88 (of 124)

Rank in course/Women: 28 (of 55)

Best time in course: 39:08

Rank in category: 11(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	28:05	7:01	11	8:43	30	9:10	4.00	28:05	7:01	11	8:43	30	9:10
Ilseburg/Markt	4.70	29:48	6:20	10	8:37	27	9:35	8.70	57:53	6:39	11	17:20	28	18:45