



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Mareike Dillge

Club: Team DiGi
Number: 242

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W40 (40-44)

Total time: 1:01:36

Speed: 8.47 km/h
Running performance: 7:04 min/km

Rank in course/Total: 106 (of 124)

Rank in course/Women: 42 (of 55)

Best time in course: 39:08

Rank in category: 12(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	29:33	7:23	12	10:11	41	10:38	4.00	29:33	7:23	12	10:11	41	10:38
Ilseburg/Markt	4.70	32:03	6:49	12	10:52	41	11:50	8.70	1:01:36	7:04	12	21:03	42	22:28