



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: 7.79 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 |