



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Nancy Kurkowitz

Club: Brockenlaufverein
Number: 290

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W40 (40-44)

Total time: 1:06:48

Speed: 7.81 km/h
Running performance: 7:40 min/km

Rank in course/Total: 114 (of 124)

Rank in course/Women: 48 (of 55)

Best time in course: 39:08

Rank in category: 13(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	31:51	7:57	13	12:29	48	12:56	4.00	31:51	7:57	13	12:29	48	12:56
Ilseburg/Markt	4.70	34:57	7:26	13	13:46	49	14:44	8.70	1:06:48	7:40	13	26:15	48	27:40