



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Andrea Rubrecht

Club: Lok Blankenburg
Number: 331

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W50 (50-54)

Total time: 57:59

Speed: 8.28 km/h
Running performance: 6:39 min/km

Rank in course/Total: 89 (of 124)

Rank in course/Women: 29 (of 55)

Best time in course: 39:08

Rank in category: 1(of 3)

Best time in the category: 57:59

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	27:08	6:46	1	-	24	8:13	4.00	27:08	6:46	1	-	24	8:13
Ilseburg/Markt	4.70	30:51	6:33	1	-	33	10:38	8.70	57:59	6:39	1	-	29	18:51