



41. Oster-Ilsetalllauf  
Ilseburg / 30.03.2024

Detailed evaluation

Simone Fritsche

Number: 255

Course: 8.70 km

8,7 km - Lauf

Category:

Seniorinnen W50 (50-54)

Total time: 1:01:10

Speed: 8.53 km/h

Running performance: 7:01 min/km

Rank in course/Total: 105 (of 124)

Rank in course/Women: 41 (of 55)

Best time in course: 39:08

Rank in category: 2(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	29:39	7:24	2	2:31	42	10:44	4.00	29:39	7:24	2	2:31	42	10:44
Ilseburg/Markt	4.70	31:31	6:42	2	0:40	39	11:18	8.70	1:01:10	7:01	2	3:11	41	22:02