



41. Oster-Ilsetalllauf

Ilsenburg / 30.03.2024

Detailed evaluation

Frauke Albrecht

Club: NSV Wernigerode

Number: 252

Course: 8.70 km

8,7 km - Lauf

Category:

Seniorinnen W55 (55-59)

Total time: 45:10

Speed: 10.63 km/h

Running performance: 5:11 min/km

Rank in course/Total: 39 (of 124)

Rank in course/Women: 7 (of 55)

Best time in course: 39:08

Rank in category: 1(of 4)

Best time in the category: 45:10

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|-------------------|----------|------------|--------------|----------|-------------|-------------|--------------|---------------|------------|--------------|----------|-------------|-----------|--------------|
| | | | | | | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Abzweig Tännental | 4.00 | 21:31 | 5:22 | 1 | - | 7 | 2:36 | 4.00 | 21:31 | 5:22 | 1 | - | 7 | 2:36 |
| Ilsenburg/Markt | 4.70 | 23:39 | 5:01 | 1 | - | 7 | 3:26 | 8.70 | 45:10 | 5:11 | 1 | - | 7 | 6:02 |