



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