



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Simone Oester**

Club: SV Glückauf Huettenrode  
Number: 315

Course: 8.70 km  
8,7 km - Lauf

Category:  
Seniorinnen W55 (55-59)

Total time: 50:06

Speed: 9.58 km/h  
Running performance: 5:45 min/km

Rank in course/Total: 56 (of 124)

Rank in course/Women: 11 (of 55)

Best time in course: 39:08

Rank in category: 2 (of 4)

Best time in the category: 45:10

### 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	24:03	6:00	2	2:32	10	5:08	4.00	24:03	6:00	2	2:32	10	5:08
Ilseburg/Markt	4.70	26:03	5:32	2	2:24	17	5:50	8.70	50:06	5:45	2	4:56	11	10:58