



41. Oster-Ilsetalllauf
Ilseburg / 30.03.2024

Detailed evaluation

Simone Hamann

Number: 261

Course: 8.70 km

8,7 km - Lauf

Category:

Seniorinnen W55 (55-59)

Total time: 53:41

Speed: 9.72 km/h

Running performance: 6:10 min/km

Rank in course/Total: 77 (of 124)

Rank in course/Women: 21 (of 55)

Best time in course: 39:08

Rank in category: 3(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	25:46	6:26	3	4:15	19	6:51	4.00	25:46	6:26	3	4:15	19	6:51
Ilseburg/Markt	4.70	27:55	5:56	3	4:16	21	7:42	8.70	53:41	6:10	3	8:31	21	14:33