



41. Oster-Ilsetalllauf

Ilsenburg / 30.03.2024

Detailed evaluation

Kathrin Könecke-Goerg

Club: LG Peiner Land / TSV Eintracht Edemissen
Number: 285

Course: 8.70 km

8,7 km - Lauf

Category:

Seniorinnen W55 (55-59)

Total time: 1:03:33

Speed: 7.55 km/h

Running performance: 7:18 min/km

Rank in course/Total: 107 (of 124)

Rank in course/Women: 43 (of 55)

Best time in course: 39:08

Rank in category: 4(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	31:05	7:46	4	9:34	46	12:10	4.00	31:05	7:46	4	9:34	46	12:10
Ilsenburg/Markt	4.70	32:28	6:54	4	8:49	42	12:15	8.70	1:03:33	7:18	4	18:23	43	24:25