



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Andrea Max

Club: NIX tun kann JEDER
Number: 307

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W60 (60-64)

Total time: 58:18

Speed: 8.23 km/h
Running performance: 6:42 min/km

Rank in course/Total: 91 (of 124)

Rank in course/Women: 31 (of 55)

Best time in course: 39:08

Rank in category: 1(of 3)

Best time in the category: 58:18

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	28:16	7:03	1	-	33	9:21	4.00	28:16	7:03	1	-	33	9:21
Ilseburg/Markt	4.70	30:02	6:23	1	-	28	9:49	8.70	58:18	6:42	1	-	31	19:10