



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Manuela Felsche

Club: Halberstadt
Number: 249

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W60 (60-64)

Total time: 58:48

Speed: 8.16 km/h
Running performance: 6:45 min/km

Rank in course/Total: 94 (of 124)

Rank in course/Women: 33 (of 55)

Best time in course: 39:08

Rank in category: 2(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	28:38	7:09	2	0:22	35	9:43	4.00	28:38	7:09	2	0:22	35	9:43
Ilseburg/Markt	4.70	30:10	6:25	2	0:08	31	9:57	8.70	58:48	6:45	2	0:30	33	19:40