



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Gitta Lindemann-Hackmann

Club: MSV Eintracht Halberstadt

Number: 303

Course: 8.70 km

8,7 km - Lauf

Category:

Seniorinnen W65 (65-69)

Total time: 1:05:01

Speed: 7.38 km/h

Running performance: 7:28 min/km

Rank in course/Total: 111 (of 124)

Rank in course/Women: 46 (of 55)

Best time in course: 39:08

Rank in category: 2(of 2)

Best time in the category: 58:18

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	30:34	7:38	2	2:19	43	11:39	4.00	30:34	7:38	2	2:19	43	11:39
Ilseburg/Markt	4.70	34:27	7:19	2	4:24	47	14:14	8.70	1:05:01	7:28	2	6:43	46	25:53