



41. Oster-Ilsetalllauf
Ilseburg / 30.03.2024

Detailed evaluation

Helga Walte

Number: 349

Course: 8.70 km
8,7 km - Lauf

Category:
Seniorinnen W70 (70-74)

Total time: 59:08

Speed: 8.83 km/h

Running performance: 6:47 min/km

Rank in course/Total: 96 (of 124)

Rank in course/Women: 34 (of 55)

Best time in course: 39:08

Rank in category: 1(of 3)

Best time in the category: 59:08

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	28:26	7:06	1	-	34	9:31	4.00	28:26	7:06	1	-	34	9:31
Ilseburg/Markt	4.70	30:42	6:31	1	-	32	10:29	8.70	59:08	6:47	1	-	34	20:00