



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Iris Rochau**

Club: LAV Halensia  
Number: 329

Course: 8.70 km  
8,7 km - Lauf

Category:  
Seniorinnen W70 (70-74)

Total time: 1:17:48

Speed: 6.17 km/h  
Running performance: 8:56 min/km

Rank in course/Total: 123 (of 124)

Rank in course/Women: 55 (of 55)

Best time in course: 39:08

Rank in category: 3(of 3)

Best time in the category: 59:08

## Intermediate times

## Stage score

## Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		
								km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännental	4.00	35:29	8:52	3	7:03	55	16:34	4.00	35:29	8:52	3	7:03	55	16:34
Ilseburg/Markt	4.70	42:19	9:00	3	11:37	55	22:06	8.70	1:17:48	8:56	3	18:40	55	38:40