



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Marja Spittau

Number: 340

Course: 8.70 km

8,7 km - Lauf

Category:

weibliche Jugend U16 (14-15)

Total time: 1:10:08

Speed: 6.84 km/h

Running performance: 8:03 min/km

Rank in course/Total: 118 (of 124)

Rank in course/Women: 52 (of 55)

Best time in course: 39:08

Rank in category: 1(of 1)

Best time in the category: 1:10:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	33:49	8:27	1	-	52	14:54	4.00	33:49	8:27	1	-	52	14:54
Ilseburg/Markt	4.70	36:19	7:43	1	-	51	16:06	8.70	1:10:08	8:03	1	-	52	31:00