



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Melina Holland

Club: Nsv Wernigerode

Number: 270

Course: 8.70 km

8,7 km - Lauf

Category:

weibliche Jugend U20 (18-19)

Total time: 40:47

Speed: 12.80 km/h

Running performance: 4:41 min/km

Rank in course/Total: 21 (of 124)

Rank in course/Women: 3 (of 55)

Best time in course: 39:08

Rank in category: 1(of 2)

Best time in the category: 40:47

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 Tännatal	4.00	19:01	4:45	1	-	2	0:06	4.00	19:01	4:45	1	-	2	0:06
Ilseburg/Markt	4.70	21:46	4:37	1	-	4	1:33	8.70	40:47	4:41	1	-	3	1:39