



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Lisa Diskowski**

Club: RSC Lüneburg Triathlon  
Number: 36

Course: 16.50 km  
16,5 km - Lauf

Category:  
Seniorinnen W35 (35-39) A

Total time: 1:49:36

Speed: 8.76 km/h  
Running performance: 6:38 min/km

Rank in course/Total: 153 (of 198)

Rank in course/Women: 34 (of 54)

Best time in course: 1:23:04

Rank in category: 8(of 12)

Best time in the category: 1:29:03

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	27:36	6:54	9	7:13	39	8:06	4.00	27:36	6:54	9	7:13	39	8:06
Plessenburg	3.00	31:10	10:23	9	6:05	41	7:29	7.00	58:46	8:23	9	13:18	37	15:04
Abzweig rote Br	3.00	21:50	7:16	7	3:54	34	5:25	10.00	1:20:36	8:03	9	17:12	36	20:24
Ilseburg/Markt	6.50	29:00	4:27	4	3:55	29	6:08	16.50	1:49:36	6:38	8	20:33	34	26:32