



41. Oster-Ilsetalllauf

Ilsenburg / 30.03.2024

Detailed evaluation

Antje Göbel-Damrau

Club: HGL 1978 e.V. Wernigerode
Number: 360

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W40 (40-44) A

Total time: 1:23:48

Speed: 11.46 km/h
Running performance: 5:04 min/km

Rank in course/Total: 45 (of 198)

Rank in course/Women: 2 (of 54)

Best time in course: 1:23:04

Rank in category: 2 (of 7)

Best time in the category: 1:23:04

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	20:01	5:00	2	0:31	2	0:31	4.00	20:01	5:00	2	0:31	2	0:31
Plessenburg	3.00	23:41	7:53	1	-	1	-	7.00	43:42	6:14	1	-	1	-
Abzweig rote Brü	3.00	16:45	5:34	2	0:20	2	0:20	10.00	1:00:27	6:02	2	0:15	2	0:15
Ilsenburg/Markt	6.50	23:21	3:35	2	0:29	2	0:29	16.50	1:23:48	5:04	2	0:44	2	0:44