



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Anna Strüber**

Club: TriAs Hildesheim  
Number: 343

Course: 8.70 km  
8,7 km - Lauf

Category:  
Frauen (20-29)

Total time: 39:08

Speed: 12.27 km/h  
Running performance: 4:29 min/km

Rank in course/Total: 13 (of 124)

Rank in course/Women: 1 (of 55)

Best time in course: 39:08

Rank in category: 1(of 14)

Best time in the category: 39:08

### 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	18:55	4:43	1	-	1	-	4.00	18:55	4:43	1	-	1	-
Ilseburg/Markt	4.70	20:13	4:18	1	-	1	-	8.70	39:08	4:29	1	-	1	-