



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 | - |