



41. Oster-Ilsetalllauf  
Ilseburg / 30.03.2024

Detailed evaluation

Lisa Kleen

Number: 280

Course: 8.70 km  
8,7 km - Lauf

Category:  
Frauen (20-29)

Total time: 42:36

Speed: 11.27 km/h

Running performance: 4:53 min/km

Rank in course/Total: 27 (of 124)

Rank in course/Women: 4 (of 55)

Best time in course: 39:08

Rank in category: 2(of 14)

Best time in the category: 39:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	21:16	5:18	2	2:21	6	2:21	4.00	21:16	5:18	2	2:21	6	2:21
Ilseburg/Markt	4.70	21:20	4:32	2	1:07	3	1:07	8.70	42:36	4:53	2	3:28	4	3:28