



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Lena Stallmann**

Club: NSV Wernigerode  
Number: 364

Course: 8.70 km  
8,7 km - Lauf

Category:  
Frauen (20-29)

Total time: 49:25

Speed: 10.56 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 52 (of 124)

Rank in course/Women: 9 (of 55)

Best time in course: 39:08

Rank in category: 3(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	24:00	6:00	3	5:05	9	5:05	4.00	24:00	6:00	3	5:05	9	5:05
Ilseburg/Markt	4.70	25:25	5:24	4	5:12	10	5:12	8.70	49:25	5:40	3	10:17	9	10:17