



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Henrike Döppelheuer

Club: Brockenlaufverein
Number: 243

Course: 8.70 km
8,7 km - Lauf

Category:
Frauen (20-29)

Total time: 49:51

Speed: 9.63 km/h
Running performance: 5:43 min/km

Rank in course/Total: 55 (of 124)

Rank in course/Women: 10 (of 55)

Best time in course: 39:08

Rank in category: 4(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	24:49	6:12	4	5:54	15	5:54	4.00	24:49	6:12	4	5:54	15	5:54
Ilseburg/Markt	4.70	25:02	5:19	3	4:49	9	4:49	8.70	49:51	5:43	4	10:43	10	10:43