



41. Oster-Ilsetalllauf
Ilseburg / 30.03.2024

Detailed evaluation

Lilly Vahl

Number: 348

Course: 8.70 km
8,7 km - Lauf

Category:
Frauen (20-29)

Total time: 51:56

Speed: 9.24 km/h

Running performance: 5:58 min/km

Rank in course/Total: 69 (of 124)

Rank in course/Women: 17 (of 55)

Best time in course: 39:08

Rank in category: 5(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	26:21	6:35	5	7:26	21	7:26	4.00	26:21	6:35	5	7:26	21	7:26
Ilseburg/Markt	4.70	25:35	5:26	5	5:22	11	5:22	8.70	51:56	5:58	5	12:48	17	12:48