



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Marlene Skupsch

Number: 339

Course: 8.70 km

8,7 km - Lauf

Category:

Frauen (20-29)

Total time: 52:15

Speed: 9.19 km/h

Running performance: 6:00 min/km

Rank in course/Total: 72 (of 124)

Rank in course/Women: 19 (of 55)

Best time in course: 39:08

Rank in category: 6(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännental	4.00	26:22	6:35	6	7:27	22	7:27	4.00	26:22	6:35	6	7:27	22	7:27
Ilseburg/Markt	4.70	25:53	5:30	6	5:40	15	5:40	8.70	52:15	6:00	6	13:07	19	13:07