



41. Oster-Ilsetalllauf
Ilseburg / 30.03.2024

Detailed evaluation

Shirley Drescher

Number: 245

Course: 8.70 km
8,7 km - Lauf

Category:
Frauen (20-29)

Total time: 57:15

Speed: 9.12 km/h

Running performance: 6:34 min/km

Rank in course/Total: 84 (of 124)

Rank in course/Women: 27 (of 55)

Best time in course: 39:08

Rank in category: 7(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	27:45	6:56	7	8:50	27	8:50	4.00	27:45	6:56	7	8:50	27	8:50
Ilseburg/Markt	4.70	29:30	6:16	7	9:17	26	9:17	8.70	57:15	6:34	7	18:07	27	18:07