



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Christin Laube

Club: hzmakler & friends
Number: 295

Course: 8.70 km
8,7 km - Lauf

Category:
Frauen (20-29)

Total time: 58:02

Speed: 8.99 km/h
Running performance: 6:40 min/km

Rank in course/Total: 90 (of 124)

Rank in course/Women: 30 (of 55)

Best time in course: 39:08

Rank in category: 8(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	27:58	6:59	9	9:03	29	9:03	4.00	27:58	6:59	9	9:03	29	9:03
Ilseburg/Markt	4.70	30:04	6:23	8	9:51	30	9:51	8.70	58:02	6:40	8	18:54	30	18:54