



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Lisa Kuthe

Number: 291

Course: 8.70 km
8,7 km - Lauf

Category:
Frauen (20-29)

Total time: 1:00:18

Speed: 7.96 km/h

Running performance: 6:55 min/km

Rank in course/Total: 101 (of 124)

Rank in course/Women: 37 (of 55)

Best time in course: 39:08

Rank in category: 10(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännental	4.00	29:08	7:16	11	10:13	38	10:13	4.00	29:08	7:16	11	10:13	38	10:13
Ilseburg/Markt	4.70	31:10	6:37	10	10:57	36	10:57	8.70	1:00:18	6:55	10	21:10	37	21:10