



41. Oster-Ilsetalllauf
Ilsenburg / 30.03.2024

Detailed evaluation

Tanja Wiedig

Number: 358

Course: 8.70 km
8,7 km - Lauf

Category:
Frauen (20-29)

Total time: 1:01:09

Speed: 7.85 km/h

Running performance: 7:01 min/km

Rank in course/Total: 104 (of 124)

Rank in course/Women: 40 (of 55)

Best time in course: 39:08

Rank in category: 11(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	27:56	6:59	8	9:01	28	9:01	4.00	27:56	6:59	8	9:01	28	9:01
Ilsenburg/Markt	4.70	33:13	7:04	11	13:00	43	13:00	8.70	1:01:09	7:01	11	22:01	40	22:01