



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Lara Kilian

Club: Harzer Sportverein Wernigerode e.V.
Number: 278

Course: 8.70 km
8,7 km - Lauf

Category:
Frauen (20-29)

Total time: 1:05:24

Speed: 7.34 km/h
Running performance: 7:31 min/km

Rank in course/Total: 113 (of 124)

Rank in course/Women: 47 (of 55)

Best time in course: 39:08

Rank in category: 12(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	30:50	7:42	12	11:55	44	11:55	4.00	30:50	7:42	12	11:55	44	11:55
Ilseburg/Markt	4.70	34:34	7:21	13	14:21	48	14:21	8.70	1:05:24	7:31	12	26:16	47	26:16