



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Anika Wiedig

Number: 357

Course: 8.70 km
8,7 km - Lauf

Category:
Frauen (20-29)

Total time: 1:10:09

Speed: 6.84 km/h

Running performance: 8:03 min/km

Rank in course/Total: 119 (of 124)

Rank in course/Women: 53 (of 55)

Best time in course: 39:08

Rank in category: 14(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		Total		Total		
								km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännental	4.00	33:50	8:27	13	14:55	53	14:55	4.00	33:50	8:27	13	14:55	53	14:55
Ilseburg/Markt	4.70	36:19	7:43	14	16:06	51	16:06	8.70	1:10:09	8:03	14	31:01	53	31:01