



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Lina Rieper

Club: Hamburg Running
Number: 143

Course: 16.50 km
16,5 km - Lauf

Category:
Frauen (20-29) A

Total time: 1:31:06

Speed: 10.54 km/h
Running performance: 5:31 min/km

Rank in course/Total: 80 (of 198)

Rank in course/Women: 11 (of 54)

Best time in course: 1:23:04

Rank in category: 1(of 6)

Best time in the category: 1:31:06

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	22:54	5:43	3	0:52	20	3:24	4.00	22:54	5:43	3	0:52	20	3:24
Plessenburg	3.00	25:40	8:33	3	0:21	17	1:59	7.00	48:34	6:56	2	1:03	15	4:52
Abzweig rote Brücke	3.00	17:41	5:53	1	-	6	1:16	10.00	1:06:15	6:37	1	-	14	6:03
Ilseburg/Markt	6.50	24:51	3:49	1	-	4	1:59	16.50	1:31:06	5:31	1	-	11	8:02