



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Kira Hinzer

Club: Triathlon Salzgitter
Number: 76

Course: 16.50 km
16,5 km - Lauf

Category:
Frauen (20-29) A

Total time: 1:33:16

Speed: 10.29 km/h
Running performance: 5:39 min/km

Rank in course/Total: 92 (of 198)

Rank in course/Women: 17 (of 54)

Best time in course: 1:23:04

Rank in category: 2(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	22:07	5:31	2	0:05	14	2:37	4.00	22:07	5:31	2	0:05	14	2:37
Plessenburg	3.00	25:24	8:28	2	0:05	16	1:43	7.00	47:31	6:47	1	-	13	3:49
Abzweig rote Brücke	3.00	19:00	6:19	3	1:19	20	2:35	10.00	1:06:31	6:39	2	0:16	16	6:19
Ilseburg/Markt	6.50	26:45	4:06	2	1:54	18	3:53	16.50	1:33:16	5:39	2	2:10	17	10:12