



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Josefine Kuthe

Club: Brockenlaufverein
Number: 112

Course: 16.50 km
16,5 km - Lauf

Category:
Frauen (20-29) A

Total time: 1:35:07

Speed: 10.41 km/h
Running performance: 5:45 min/km

Rank in course/Total: 100 (of 198)

Rank in course/Women: 20 (of 54)

Best time in course: 1:23:04

Rank in category: 3(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	23:30	5:52	4	1:28	22	4:00	4.00	23:30	5:52	4	1:28	22	4:00
Plessenburg	3.00	25:19	8:26	1	-	13	1:38	7.00	48:49	6:58	3	1:18	17	5:07
Abzweig rote Brü	3.00	19:08	6:22	4	1:27	22	2:43	10.00	1:07:57	6:47	3	1:42	19	7:45
Ilseburg/Markt	6.50	27:10	4:10	5	2:19	22	4:18	16.50	1:35:07	5:45	3	4:01	20	12:03