



41. Oster-Ilsetallauf

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: 10.09 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 Brücke | 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 |