



# 41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Malou Traina**

Club: Beatthemiles  
Number: 182

Course: 16.50 km  
16,5 km - Lauf

Category:  
Frauen (20-29) A

Total time: 1:35:41

Speed: 10.03 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 105 (of 198)

Rank in course/Women: 21 (of 54)

Best time in course: 1:23:04

Rank in category: 4(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     | 22:02      | 5:30         | 1           | -           | 13        | 2:32         | 4.00          | 22:02      | 5:30         | 1        | -           | 13        | 2:32         |
| Plessenburg       | 3.00     | 28:01      | 9:20         | 5           | 2:42        | 26        | 4:20         | 7.00          | 50:03      | 7:08         | 4        | 2:32        | 23        | 6:21         |
| Abzweig rote Brü  | 3.00     | 18:38      | 6:12         | 2           | 0:57        | 18        | 2:13         | 10.00         | 1:08:41    | 6:52         | 4        | 2:26        | 21        | 8:29         |
| Ilseburg/Markt    | 6.50     | 27:00      | 4:09         | 4           | 2:09        | 21        | 4:08         | 16.50         | 1:35:41    | 5:47         | 4        | 4:35        | 21        | 12:37        |