



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 Brücke	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