



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Michelle Felten

Number: 53

Course: 16.50 km
16,5 km - Lauf

Category:
Frauen (20-29) A

Total time: 1:36:26

Speed: 9.96 km/h

Running performance: 5:50 min/km

Rank in course/Total: 112 (of 198)

Rank in course/Women: 23 (of 54)

Best time in course: 1:23:04

Rank in category: 5(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	23:49	5:57	5	1:47	25	4:19	4.00	23:49	5:57	5	1:47	25	4:19
Plessenburg	3.00	26:27	8:48	4	1:08	20	2:46	7.00	50:16	7:10	5	2:45	24	6:34
Abzweig rote Brücke	3.00	19:22	6:27	5	1:41	24	2:57	10.00	1:09:38	6:57	5	3:23	24	9:26
Ilseburg/Markt	6.50	26:48	4:07	3	1:57	20	3:56	16.50	1:36:26	5:50	5	5:20	23	13:22