



41. Oster-Ilsetalllauf
Ilseburg / 30.03.2024

Detailed evaluation

Eva Mainusch

Number: 115

Course: 16.50 km
16,5 km - Lauf

Category:
Frauen (20-29) A

Total time: 1:50:10

Speed: 8.71 km/h

Running performance: 6:40 min/km

Rank in course/Total: 154 (of 198)

Rank in course/Women: 35 (of 54)

Best time in course: 1:23:04

Rank in category: 6(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	26:17	6:34	6	4:15	37	6:47	4.00	26:17	6:34	6	4:15	37	6:47
Plessenburg	3.00	32:43	10:54	6	7:24	47	9:02	7.00	59:00	8:25	6	11:29	39	15:18
Abzweig rote Brücke	3.00	21:48	7:15	6	4:07	33	5:23	10.00	1:20:48	8:04	6	14:33	37	20:36
Ilseburg/Markt	6.50	29:22	4:31	6	4:31	32	6:30	16.50	1:50:10	6:40	6	19:04	35	27:06