



41. Oster-Ilsetalllauf
Ilseburg / 30.03.2024

Detailed evaluation

Julia Walter

Number: 194

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W30 (30-34) A

Total time: 1:27:51

Speed: 11.27 km/h

Running performance: 5:19 min/km

Rank in course/Total: 59 (of 198)

Rank in course/Women: 4 (of 54)

Best time in course: 1:23:04

Rank in category: 1(of 5)

Best time in the category: 1:27:51

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	21:11	5:17	1	-	5	1:41	4.00	21:11	5:17	1	-	5	1:41
Plessenburg	3.00	23:48	7:56	1	-	2	0:07	7.00	44:59	6:25	1	-	3	1:17
Abzweig rote Brü	3.00	17:47	5:55	2	0:52	8	1:22	10.00	1:02:46	6:16	2	0:36	5	2:34
Ilseburg/Markt	6.50	25:05	3:51	1	-	6	2:13	16.50	1:27:51	5:19	1	-	4	4:47