



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: 10.93 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 |