



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Elisa Ritter

Club: Halle
Number: 213

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W30 (30-34) A

Total time: 1:28:13

Speed: 10.88 km/h
Running performance: 5:20 min/km

Rank in course/Total: 61 (of 198)

Rank in course/Women: 5 (of 54)

Best time in course: 1:23:04

Rank in category: 2(of 5)

Best time in the category: 1:27:51

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	21:19	5:19	2	0:08	6	1:49	4.00	21:19	5:19	2	0:08	6	1:49
Plessenburg	3.00	23:56	7:58	2	0:08	4	0:15	7.00	45:15	6:27	2	0:16	4	1:33
Abzweig rote Brü	3.00	16:55	5:38	1	-	4	0:30	10.00	1:02:10	6:13	1	-	3	1:58
Ilseburg/Markt	6.50	26:03	4:00	2	0:58	13	3:11	16.50	1:28:13	5:20	2	0:22	5	5:09