



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Leonie Steiner

Club: Hannover 96 Triathlon
Number: 169

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W30 (30-34) A

Total time: 1:30:48

Speed: 10.57 km/h
Running performance: 5:30 min/km

Rank in course/Total: 76 (of 198)

Rank in course/Women: 9 (of 54)

Best time in course: 1:23:04

Rank in category: 3(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	21:39	5:24	4	0:28	10	2:09	4.00	21:39	5:24	4	0:28	10	2:09
Plessenburg	3.00	24:50	8:16	3	1:02	7	1:09	7.00	46:29	6:38	3	1:30	8	2:47
Abzweig rote Brü	3.00	18:12	6:03	3	1:17	13	1:47	10.00	1:04:41	6:28	3	2:31	9	4:29
Ilseburg/Markt	6.50	26:07	4:01	3	1:02	15	3:15	16.50	1:30:48	5:30	3	2:57	9	7:44