



41. Oster-Ilsetallauf  
Ilseburg / 30.03.2024

Detailed evaluation

Christel Strohm

Number: 215

Course: 16.50 km  
16,5 km - Lauf

Category:  
Seniorinnen W30 (30-34) A

Total time: 1:51:04

Speed: 8.64 km/h  
Running performance: 6:43 min/km

Rank in course/Total: 158 (of 198)

Rank in course/Women: 37 (of 54)

Best time in course: 1:23:04

Rank in category: 5(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	28:17	7:04	5	7:06	41	8:47	4.00	28:17	7:04	5	7:06	41	8:47
Plessenburg	3.00	30:37	10:12	5	6:49	35	6:56	7.00	58:54	8:24	5	13:55	38	15:12
Abzweig rote Brü	3.00	22:32	7:30	5	5:37	38	6:07	10.00	1:21:26	8:08	5	19:16	39	21:14
Ilseburg/Markt	6.50	29:38	4:33	5	4:33	34	6:46	16.50	1:51:04	6:43	5	23:13	37	28:00