



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Luisa Merkel

Club: NSV Wernigerode
Number: 121

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W35 (35-39) A

Total time: 1:29:03

Speed: 10.78 km/h
Running performance: 5:23 min/km

Rank in course/Total: 63 (of 198)

Rank in course/Women: 6 (of 54)

Best time in course: 1:23:04

Rank in category: 1(of 12)

Best time in the category: 1:29:03

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	20:23	5:05	1	-	3	0:53	4.00	20:23	5:05	1	-	3	0:53
Plessenburg	3.00	25:05	8:21	1	-	10	1:24	7.00	45:28	6:29	1	-	6	1:46
Abzweig rote Brü	3.00	17:56	5:58	1	-	9	1:31	10.00	1:03:24	6:20	1	-	6	3:12
Ilseburg/Markt	6.50	25:39	3:56	2	0:34	10	2:47	16.50	1:29:03	5:23	1	-	6	5:59