



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Romy Schneevoigt

Club: MACO Vision GmbH
Number: 161

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W35 (35-39) A

Total time: 1:30:12

Speed: 10.98 km/h
Running performance: 5:28 min/km

Rank in course/Total: 73 (of 198)

Rank in course/Women: 8 (of 54)

Best time in course: 1:23:04

Rank in category: 2(of 12)

Best time in the category: 1:29:03

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	21:07	5:16	2	0:44	4	1:37	4.00	21:07	5:16	2	0:44	4	1:37
Plessenburg	3.00	25:21	8:27	2	0:16	14	1:40	7.00	46:28	6:38	2	1:00	7	2:46
Abzweig rote Brü	3.00	18:01	6:00	2	0:05	10	1:36	10.00	1:04:29	6:26	2	1:05	7	4:17
Ilseburg/Markt	6.50	25:43	3:57	3	0:38	11	2:51	16.50	1:30:12	5:28	2	1:09	8	7:08