



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Anja Kossak

Club: Blankenburger Wadenqual
Number: 99

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W35 (35-39) A

Total time: 1:33:17

Speed: 10.29 km/h
Running performance: 5:39 min/km

Rank in course/Total: 93 (of 198)

Rank in course/Women: 18 (of 54)

Best time in course: 1:23:04

Rank in category: 3(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 | 22:40 | 5:40 | 3 | 2:17 | 17 | 3:10 | 4.00 | 22:40 | 5:40 | 3 | 2:17 | 17 | 3:10 |
| Plessenburg | 3.00 | 27:04 | 9:01 | 4 | 1:59 | 23 | 3:23 | 7.00 | 49:44 | 7:06 | 4 | 4:16 | 21 | 6:02 |
| Abzweig rote Brü | 3.00 | 18:28 | 6:09 | 3 | 0:32 | 17 | 2:03 | 10.00 | 1:08:12 | 6:49 | 3 | 4:48 | 20 | 8:00 |
| Ilseburg/Markt | 6.50 | 25:05 | 3:51 | 1 | - | 6 | 2:13 | 16.50 | 1:33:17 | 5:39 | 3 | 4:14 | 18 | 10:13 |