



41. Oster-Ilsetallauf

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