



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Anja Kaufhold

Club: Bier-Bären-Bande
Number: 87

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W35 (35-39) A

Total time: 1:38:13

Speed: 9.77 km/h
Running performance: 5:57 min/km

Rank in course/Total: 119 (of 198)

Rank in course/Women: 24 (of 54)

Best time in course: 1:23:04

Rank in category: 4(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	22:44	5:41	4	2:21	18	3:14	4.00	22:44	5:41	4	2:21	18	3:14
Plessenburg	3.00	26:27	8:48	3	1:22	20	2:46	7.00	49:11	7:01	3	3:43	20	5:29
Abzweig rote Brü	3.00	20:00	6:40	4	2:04	26	3:35	10.00	1:09:11	6:55	4	5:47	23	8:59
Ilseburg/Markt	6.50	29:02	4:28	5	3:57	30	6:10	16.50	1:38:13	5:57	4	9:10	24	15:09