



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Monika Bauer

Club: Hamburg Running
Number: 6

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W35 (35-39) A

Total time: 1:42:41

Speed: 9.35 km/h
Running performance: 6:13 min/km

Rank in course/Total: 136 (of 198)

Rank in course/Women: 30 (of 54)

Best time in course: 1:23:04

Rank in category: 5(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 Tännatal	4.00	24:25	6:06	6	4:02	28	4:55	4.00	24:25	6:06	6	4:02	28	4:55
Plessenburg	3.00	28:18	9:26	5	3:13	28	4:37	7.00	52:43	7:31	5	7:15	27	9:01
Abzweig rote Brü	3.00	20:39	6:52	6	2:43	29	4:14	10.00	1:13:22	7:20	5	9:58	28	13:10
Ilseburg/Markt	6.50	29:19	4:30	6	4:14	31	6:27	16.50	1:42:41	6:13	5	13:38	30	19:37