



# 41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Ulrike Hartmann**

Club: Drübeck  
Number: 72

Course: 16.50 km  
16,5 km - Lauf

Category:  
Seniorinnen W35 (35-39) A

Total time: 1:44:30

Speed: 9.47 km/h  
Running performance: 6:19 min/km

Rank in course/Total: 141 (of 198)

Rank in course/Women: 31 (of 54)

Best time in course: 1:23:04

Rank in category: 6(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	25:27	6:21	7	5:04	31	5:57	4.00	25:27	6:21	7	5:04	31	5:57
Plessenburg	3.00	28:25	9:28	6	3:20	30	4:44	7.00	53:52	7:41	6	8:24	30	10:10
Abzweig rote Brü	3.00	20:38	6:52	5	2:42	28	4:13	10.00	1:14:30	7:27	6	11:06	30	14:18
Ilseburg/Markt	6.50	30:00	4:36	7	4:55	35	7:08	16.50	1:44:30	6:19	6	15:27	31	21:26