



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Janett Gerke

Club: SV Eintracht Salzwedel 09 e.V.

Number: 65

Course: 16.50 km

16,5 km - Lauf

Category:

Seniorinnen W35 (35-39) A

Total time: 1:47:58

Speed: 8.89 km/h

Running performance: 6:32 min/km

Rank in course/Total: 149 (of 198)

Rank in course/Women: 33 (of 54)

Best time in course: 1:23:04

Rank in category: 7(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	25:39	6:24	8	5:16	33	6:09	4.00	25:39	6:24	8	5:16	33	6:09
Plessenburg	3.00	29:18	9:46	7	4:13	31	5:37	7.00	54:57	7:51	7	9:29	32	11:15
Abzweig rote Brü	3.00	21:51	7:17	8	3:55	35	5:26	10.00	1:16:48	7:40	7	13:24	32	16:36
Ilseburg/Markt	6.50	31:10	4:47	8	6:05	38	8:18	16.50	1:47:58	6:32	7	18:55	33	24:54